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"The word Mahatma is a mantra with which to invoke the energy of The Rider of the White Horse, the Source. It is not the same Mahatma Madame Blavatsky and others have referred to in their writings, which is a Sanskrit word meaning "great soul." Our use of Mahatma bodies much more than the Soul or even Oversoul levels, much more than humankind can yet conceive

The Vibratory Action of "I Am"

When an individual says, "Mahatma." he is invoking the creative/integrative attribute of the Source and is announcing Creation at his particular point of Light within this Cosmic Day. The vibratory action of the words I Am Mahatma releases the energy of Creation, so that whatever quality follows that decree is instantly manifested in the pure etheric substance and ultimately in the spiritual microtron (these, being stepped down through the twelve rays, are the only energies in existence that need be defined or qualified). It is the responsibility of each one to invoke perfection into his own world, for the law, of his being requires that each per son use his own energy to utter the decree - you cannot give this responsibility to someone else to do for you! The Mahatma can synthesize your connections, but only you can implement the undertaking."--Brian Grattan



ASCENSION
Hari Baba (John Armitage)

Paris - October 26, 2003.

(During the "Living Essences N°3" workshop)

Yesterday some people said to me, with smile on their faces, that they would like to have a focused ascension essence. Those people might consider the next remark to be bad news but nevertheless I'm going to make it. It is actually an impossibility to make a focused ascension essence. Anybody that thinks it's possible, shall we say doesn't understand the process of ascension.

When I was sat watching this religion program about Buddhism in French this morning, I got the guidance that I should maybe speak a little bit about the ascension process. Although you could say in some ways that this is not part of an essence workshop but I would argue differently for the simple reason that there is a terrific amount of misinformation about this process commonly known as ascension.

We noticed that there has been a terrific amount of talks about this process of ascension on the planet in the last 5 to 10 years. 99.99% of it is not correct information but many people have seen or clung on this theory as a way of hopefully avoiding the rest of their earthly life. In other words the idea of "OK, I'm going to ascend and I don't like to be on the planet so it means I'm going to be home and free", forget it because it's not going to happen. It is not going to happen in the way that many people think. Ascension is not an escape route provided by Mother/Father God. We must say here that the ascension process is slowly but surely taking place on a universal level and yes, there is possibility also for individuals to ascend before the universal ascension. But remember, it is not an escape route.

The process of individual ascension is actually very simple in many ways. Every time you take a step into your own power and every time you put aside another layer of fear and every step you take that integrates the fact that you are Mother/Father God is this body takes you further into your process of ascension. Every process that you go through from which you become more grounded on planet Earth and more at home with yourself, in your physical body, in the earthly environment takes you another step closer to your ascension.

With this information you can clearly see that you're not going to ascend until you firmly descend.

This idea of "I hate the planet Earth, I hate my physical body, I hate myself" will block your ascension process in the most strongest way possible.

Good morning ladies and gentlemen on planet Earth, it's time to wake up!

It's time to wake up to these facts that I just presented to you.

You can't facilitate your ascension process by doing certain kinds of meditations. These ascension type of meditations which lead humans to believe that following a certain process of maybe breathings, geometric shapes activations, etc. will allow you to ascend without actually doing your clearing work and total presence on the planet is just more misinformation. These things hold back from your ascension process rather than accelerate it.

You could sum this up in maybe by one or two simple sentences.

Every step you take into your own power and your own freedom takes you close to your own ascension. Everything that you do to bring yourself firmly here, grounded on planet Earth, actually takes you closer to your ascension. Really, that is about it.

As we said: " Good morning ladies and gentlemen on planet Earth, it's time to wake up!"

Wake up and get yourself here and all these talks about love without conditions and non-judgment, there are one or two points that really need to be realized on those subjects. Without repeating ourselves, we would like to say to you that please finally understand and integrate that unless you love yourself without conditions you can have no love for anybody or anything else, it is an illusion. Unless you get out of judgments of yourself and others, this living in the mode of love without conditions is also a total illusion. In fact, we will go further and add -please excuse us to use the wrong phraseology- it's not illusion it is self-delusion.

Some people they think that when you say something is good that is OK and it's not a judgment but in fact it is as much as a judgment to say that something is bad. Eliminate the word "negative" from your vocabulary and integrate instead the words "the perfection of God manifests". Cease the judgment of other beings and energies. People speak about negative energies and negative extraterrestrial and forget one or two very simple facts. These beings are also part of Mother/Father God in creation, where else you think they come from? Their place, in the skim off things, is to push you so far that you will stand up and say: "I am not going to take this anymore and there must be something different. I am love without conditions".

What happens to these energies or these beings when everybody is standing in their own power, in love and non-judgment? They step into non-judgment and love themselves. It is very easy. Remember, you are not victims. You create your own situations by allowing yourself and others to disempower you. There is no struggle. There is no fight. All there is the allowance of the energy and the knowledge of Mother/Father God in all His/Her power and beauty to manifest through you as a human being.

When you allow that, the knowledge of your god and goddess is firmly in your heart and mind with not one piece of fear, victimization or disempowerment in your consciousness. When you integrate the fact that you are Mother/Father God and you allow the beauty of god and goddess in perfection, the god and goddess to manifest through you, as a human being there is then no one little piece of fear of victim consciousness, of disempowerment left within you. Remember, this idea that you are separate from Mother/Father God is also a generated illusion, there is no separation and duality. Just the same as this energy which many know as fear is also an illusion. Most people are, shall we say many people really believe deep within their hearts and minds that these illusions are real. They are only as real as you allow them to be.

Well, Sunday, you've got the first lesson.

During a dream Olivier saw masters that have taken their ascension and at the same time they continued to take the play of the "black tee-shirts"

Remember, ascension doesn't mean that you are judged. Going through the ascension process doesn't mean that you are judged to be good. Ascension is about self-mastery, about lack of fear, about knowing that there is no separation. Don't think that ascension is reserved for the Jesus types only. It's only a question of mastery.

Ascension is being connected to higher frequencies that are not good or bad or holly.

We'll make an announcement on planet Earth this Sunday morning: "It's not going to be a blinding flash of light and everything is not going to be light!" There is a balance and this is what the word harmony means, it means balance of light and darkness. This is what harmony means. The dark is not going away at all so it's time to change your ideas because of your religious conditionings. Just understand that harmony means the balance of light and dark.

If you can move through multidimensional reality consciously of which many people are capable of and I'm constantly doing that myself, if I move from multidimensional reality I can see duality right as far as the 8th dimensional level and that duality is light and dark and people or beings or energies are working with light and dark whether they are from this planet or from other planets.

Be careful don't allow the New Age tricks to disempower you. All these philosophies of; everything is going to be light or there will be no dark and all this kind of stuff is another misleading, it's another philosophy that is presented to take you away from your focus and oneness. These tricks or these scams are put to make you work harder but why

work hard when it is dead easy to allow the perfection of Mother/Father God to manifest through you in harmony and balance, realizing the realization that there is no duality and there is no separateness.

Once you have got the right information you don't have to work hard, all you have to do is be in non-separation and non-duality and understand that the whole of creation is one. I am you, you are me and we are all one big family. That goes for everybody, each and everyone on the planet, every person in creation, every being in creation, throughout multidimensional reality into what we call the past, into what we call the future, into parallel universes and time lines, we are not separate and that means that I can't pick my nose without affecting the whole of creation. Remember that sometimes during the last days, it was spoken about right thinking and right action. This is the very fact that we are all connected, the whole of creation is connected, it's the reason why you should take notice of what we are thinking and what we are saying and the way we conduct ourselves in our interaction with other beings. That's one of the essences of Buddhism: the right action. Please integrate that.

Something disturbs Catherine, it is the fact that we are speaking of ascension of what we call the black tee-shirts and the white tee-shirts, the fact they are integrating high frequencies and they are taking their own power, that there is duality up to the 8th level, that there is love at the same time so all that is not very clear. Where is the love?

The love is everywhere because the love is the coercive energy of creation.

Do the white and the black tee-shirts have the same type of ascension? When we work on the process of ascension we are asked to integrate more and more the love, more and more let go things, to open more and more to the reality of the universe but for the black tee-shirts, as they are not integrating the love, what do they integrate because the action they put is more and more heavy so how things can work?

There is no more and more heavy, you see. Now we advise you to integrate the love without conditions and the non-judgment because it actually makes your ascension process relatively easy. Now, if you ask how the others -let's forget black tee-shirts, white tee-shirts, this is separation- shall we say the others that are not working with the love, they have still integrated the fact that they are one with creation and through this they become masters of their own energy. You only have to achieve self-mastery to ascend.

The easy process is to be able to integrate the love without conditions and to integrate non-judgment and the reality of non-separation. There is other ways of doing it. Actually I could tell you stories. When I lived for a time in India with a group of people who were involved in a philosophical school of Hinduism called the Gauri tantrics. The Gauri tantrics, other people even tantric yogis would say these are dark beings, don't have anything to do with them but I also saw some of them going through their ascension process through the focus of their mastery of reality. There is different ways of doing.

Let's say that the ascension process made easy is the integration of love without conditions and non-judgment. That means the realization of oneness and no separation. These activities of coming into this mode of living and existence actually bring mastery into your life, self-mastery.

What self-mastery means is that you are free from illusion so therefore you understand your oneness. Also, another aspect of mastery is mastery over energy and existence and even creation. What mastery brings is total freedom. Total mastery brings total freedom and when we speak about total freedom, it is the freedom of creation. It means that you can move multi-dimensionally and still be aware and take your body with you, if you like. That's the ascension process. The process of ascension is not going to some illusory heaven. It's not going to the 5th dimension. There have been a lot of talks about that, ascension to the 5th dimension. Forget it, who needs to go to the 5th dimension? In creation we need it but metaphorically who needs the 5th dimension when you can go to the 12th? Or, when you can move from the 3rd to the 12th with total freedom of your body, that's mastery, that's ascension!

There are other ways of achieving this mastery because mastery is only the awareness that you are not separate from creation, that you can move in any vibrational reality. It's all a question of focus. The easiest way to bring this focus is through love without conditions and non-judgment. I can tell another 10000 ways of doing it but in fact most humans won't go through the processes.

I'll just put forward one of my own stuff here into this and give you other illustrations. People might to say to me: OK Baba, how come that when you say "I now call the collective consciousness of diamond and the life force of diamond and I bring it here in this room". It's amazing, people use the words, they say to me things like you are powerful or you have got an amazing power, how do you do this? It's really, really simple. I have integrated mastery as far as understanding that energy moves because I say so because I'm a master of energy. It's easy. You have heard me saying it so many times. There is no difference between me and you and the rest of the world except for the fact that I have integrated one fact: when I say so, energy moves, I can create anything.

Because you have integrated that you are everything, that you are the diamond because you are not separated from it.

Exactly.

So you can call anything because you are it.

Exactly, because I am it. Do you see how this works? It's really easy. You might think: OK, this person has some special capability or powers to create energetic changes or maybe to facilitate healing or whatever but the thing is that I can actually use exactly the same energy to kill you if I want to, exactly the same energy. The energy is not going to say me: hey Baba, I don't want to do that. That's another thing that I understood is, shall we say that it is against the laws of creation to kill you so I'm not going to do it. You have to understand that the energy is neutral. I can program crystals no matter where they are in creation, I can focus my energy and tell them to do things. If I told this crystal that I wanted it to kill somebody or all my crystals I can program them to kill while somebody is taken into their environment, they are not going to say: hey, Baba, I am not going to do that but just say: yes, OK, I don't judge, you are the energy master. Wake up folks, understand the way things are, just be the love, be free.

You said that it is important to have no judgment. It means that if we have judgment the energy is not so fluid.

Yes.

If you program the crystal to kill us, does it mean that if we have some failure in our aura, in our consciousness, how it works?
If you stand in your own power, you say: ha, ha, ha, Baba programmed his crystal but I'm not going to accept that! I am love and I am all-powerful. As I said yesterday, don't give your power to me because I have the whole power in creation and that's it. You will say: hey, I'm not taking this. It is as simple as that and this is why we say to you: no fear. To me enlightenment is no fear and a cold beer, it is just marvelous, what else you could ask for, except for the presence of the goddess in your bed? You can have a fruit juice if you like.

You have to wake up to reality, get away from the programming and just understand that stepping out of duality into your mastery means everything. It's like the question: who are the ascended masters? You, you, you, you, you and everybody on the planet. Everybody has ascended before. These ascended masters are ascended masters because you choose that they will be so. Everybody is ascended master who decided to descend. That's all! There is nothing else to it. There are so much of: this is bad, this is good, the dark, the light, the negative, the positive, just wake up folks and be yourself and get out of duality and separation, then you are the master. Enlightenment is not a theory. It is inside you, in your own heart. I think I'm going to say that's the end of that.

Is it what is called the no way challenge?

Yes, it is the no way challenge. You can say in Buddhism that it is walking in the middle path.

Lastly understand that we live to die and die to live. You can take as many lives as you like, take the left hand path, take the right hand path and decide that the middle way is the harmony. The choice is yours. Nobody is being pushed. That's the last thing about it. "Take a life! Take a holiday!" (Super Tramp) It's easy.

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Don't forget life is not a dress rehearsal.
LOVE is the answer to fear.
Don't give your power away to anything or anybody.

My ascension – BY HARI babba

I thought I would give you a light-hearted account of my own physical ascension, well back in ’95 or around then. Maybe it was early ’96, who knows, time is an illusion anyhow. I had been on one of my earth working trips in Israel. We had been at Armageddon and other places like Rhum el Hirea, and the Syrian border—what a trip—into mine fields on the border, under fire from the Israeli army, and lots going on to the extent that we even lost contact with the upstairs dept. and ended up in a hologram of some reality we did not want to be in.

Oh yes, we did lots in Jerusalem, as well as the Negev desert. Anyhow, on my return to England I was doing some processing n my stargate built of copper pipe, used to live in it a lot, I had been in it for about 9 months before the trip. This coupled with a good half a ton of crystals made life interesting to say the least!! Some use new names for these things now, like inter-dimensional gateways and such. Well, as I said, I was doing a bit of processing, some of it to do with my I Am Presence, and me supposed to be one of the Melchizedeks on earth, and such. Well WOW is all I think of now, when I look back.

I had been activating my merkabah for awhile, this I found was easy to do. I just affirmed that my star tetrahedrons were spinning faster, and so they did, up to the speed of light and onwards and upwards I used to go. Great tours of shamballa with Germain and Merlin and others. I reckon it must have been around ’94 that I first discovered these shapes around my body. I had seen them around other things but not me; I reckon that the stargate had a lot to do with it.

As I said, I was processing, and oh yea, at the same time some people in London were trying to get me to go public with who I really was, they were in touch with Drunvalo and others about it all.

I really thought that I was going through my 5th initiation, because my heart was breaking in two. It was my time to really start to learn about LOVE in a big way. Sananda had told me in Israel that he had done his 5th on the cross, and it seemed that I was being crucified in some way; amazing the states you can get yourself into if you allow it to get to you.

Anyhow, I was activating my merkabah and speeding it up, and I melted into a pillar of light. First I thought, “Oh a beam-up.” I am used to that because I often visit ships and had asked my mate Modra the Andromedan to help me. As I went up the pillar of light, I noticed my body was not sitting cross-legged on the mattress on the floor. I thought, “Well hell, this is not the way it usually is.” I found myself in a mass of white light, and some of my friends were there. I asked what was happening. They said, “You have ascended!!”

I said, “F*** off, how can I have, I am processing like hell.”
“You have,” they said. Well I will tell ya, I would not believe them. In the end they asked me who I would believe. I said, “Maitreya.”
“Ok, we will get him,” they said.
“Hi ya Das,” he said. I said, “Look, man, these lot are really out of hand and reckon I have ascended.” He said, “Yep, that’s true.”
“What about the processing?” I said. The answer was, “We all process in some way or another—so how do you think I ascended?”

So the tale goes on, but the upshot of it all was I decided to return to this earth for a bit and see if I could help others to ascend, as well as share some of the science of LOVE and wholeness.

I was gone for 3 days. When I came back I was told I had also taken my 7th initiation. “Oh well,” I thought, “We will

see what happens." There is loads more, but so what—we will have another light-hearted look at it all again.

I now call forth my mighty I AM presence, the Mahatma Energy, Archangel Michael,
the Great White Brotherhood,

Wotana, Vywamus, Djwhal Khul and the Medical Assistance Team to enter each Chakra and perfectly balance and attune it, removing unwanted energies that are not from the highest purpose
in accordance with the divine blueprint.
I affirm I am now fully balanced and the Mahatma Energy is now flowing through me.

I AM THAT I AM

OM

I now call upon the silver violet flame of St Germain to bathe my entire being in the cleansing silver violet flame.

Let the flame transmute my negative thoughts and feelings into the perception and purity of God's love.

I affirm I AM God's Love.

I AM THAT I AM

OM

I now call forth the golden twelve rays to bathe my entire being with Christ Consciousness.

I affirm that my entire being and seven bodies are filled with pure energy

flowing down from God, my I AM Presence, the Mahatma and the

Ascended Masters. I affirm that I AM Light.

I AM THAT I AM

OM

I now ask and command that the Godforce and the Mahatma come into my living light merkabah vehicle.
I see this vehicle as a double terminated crystal that surrounds my entire body, with another going through it, at the level of my Heart Chakra, horizontally. I affirm that my living light merkabah vehicle is now activated with the Mahatma Energy.

I AM THAT I AM

OM

(Take some time to visualise this. This will help to quicken your vibrational frequencies. See yourself in this vehicle and allow it to spin. This will further attune you to the cosmic pulses of this energy which is the Godforce, and further attune you to the other cosmic energy which is the Mahatma.)

I am now ready for the Ascension Process to begin.

I AM THAT I AM

OM

Beloved God and Mahatma I now call for my Soul to fully descend into my Consciousness

and entire four body system if it has not already done so.

I AM THAT I AM

OM

I now call forth my glorified Lightbody to descend and enter my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the Mahatma Energy to descend and enter my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the Ascension Flame to descend and enter

my Consciousness and entire four body system.

I AM THAT I AM

OM

I now call for the full activation of my Alpha and Omega

Chakras. I affirm my Alpha and Omega Chakras are fully

activated.

I AM THAT I AM

OM

I now call for the five sacred letters, sacred geometries and the key codes from the Keys of Enoch

to now become fully activated within me.

I affirm I am fully activated.

I AM THAT I AM

OM

I now call for the full activation of the thirty strands of the DNA within my physical vehicle.

I affirm they are fully activated.

I AM THAT I AM

OM

I now call for the full activation of my Pituitary Gland to create only the life hormones

and to stop producing the death hormones.

I affirm my Pituitary Gland is producing only life hormones.

I AM THAT I AM

OM

I now call and fully activate my Monadic Blueprint into my consciousness, sub-consciousness and super-consciousness and my entire four body system.

I affirm my Monadic Blueprint is now fully activated.

I AM THAT I AM

OM

I now call for my Kundalini Energy to be raised as guided by my Monad and my I AM presence.

I affirm my Kundalini Energy is rising in accordance with divine will.

I AM THAT I AM

OM

I now call for a Spark of the Cosmic Fire from the very presence of God to illuminate

and transform my entire being into the Light of God

I affirm I AM God.

I AM THAT I AM

OM

I now call for my axis to be aligned as described in the Keys of Enoch, to align all my meridian flows with my

consciousness and four body system and with the meridians of the Earth.

I AM THAT I AM

OM

I now call for and fully claim my physical immortality and complete cessation

of the ageing and death processes.

I affirm I am now youthing and becoming younger every day.

I AM THAT I AM

OM

I now call for the full opening of my Third Eye and the activation of my channelling abilities,

that I may use them for God's purpose and help all people on earth realise their Christ Selves.

I affirm my third eye is fully activated I can channel now.

I AM THAT I AM

OM

I now call for radiant health to manifest within all my bodies.

I ask and command that these bodies now manifest the health and perfection of Christ.

I affirm that I am the perfection of Christ, NOW.

I AM THAT I AM

OM

I now call for my Sixteenth Chakra to descend, moving all my Chakras down my Chakra column until my Sixteenth Chakra resides in my Seventh or Crown Chakra.

I affirm that my Sixteenth Chakra is in my Seventh Chakra.

I AM THAT I AM

OM

I now call forth my Fifteenth Chakra to descend, enter and reside in my Sixth Chakra or Third Eye.

I affirm that my Fifteenth Chakra is in my Sixth Chakra.

I AM THAT I AM

OM

I now call forth my Fourteenth Chakra to descend, enter and reside in my Throat Chakra.

I affirm my Fourteenth Chakra is in my Throat Chakra.

I AM THAT I AM

OM

I now call forth my Thirteenth Chakra to descend, enter and reside in my Heart Chakra.

I affirm my Thirteenth Chakra is in my Heart Chakra.

I AM THAT I AM

OM

I now call forth my Twelfth Chakra to descend, enter and reside in my Solar Plexu

s. I affirm my Twelfth Chakra is in my Solar Plexus.

I AM THAT I AM

OM

I now call forth my Eleventh Chakra to descend, enter and reside in my Second Chakra.

I affirm my Eleventh Chakra is in my Second Chakra.

I AM THAT I AM

OM

I now call forth my Tenth Chakra to descend, enter and reside in my Base Chakra.

I affirm my Tenth Chakra is in my Base Chakra.

I AM THAT I AM

OM

I now see the rest of my Chakras, Nine through to One

descend down my legs and into the earth in a corresponding fashion.

I AM THAT I AM

OM

I now call for the full and complete stabilisation of my new Fifth Dimensional Chakra Grid System within my consciousness and four body system NOW. I affirm my Fifth Dimensional Chakra Grid System

is now stabilised and anchored within my consciousness and four body system.

I AM THAT I AM

OM

I now see my Chakra System light up like a Xmas Tree

and my First Chakra becoming a large ball of pearl white light.

I affirm the Colour of my First Chakra is pearl white.

I AM THAT I AM

OM

My Second Chakra becomes a ball of pink orange light.

I affirm my Second Chakra is pink orange light.

I AM THAT I AM

OM

My Third Chakra becomes a large ball of golden light.

I affirm my Third Chakra is golden light.

I AM THAT I AM

OM

My Heart Chakra now lights up with a pink violet light.

I affirm my Heart Chakra is pink violet light.

I AM THAT I AM

OM

My Fifth Chakra now lights with a deep blue violet light.

I affirm my Fifth Chakra is deep blue violet light.

I AM THAT I AM

OM

My Third Eye now lights up with a huge ball of golden white light.

I affirm my Third Eye is golden white light.

I AM THAT I AM

OM

My Crown Chakra is now lit with a violet white light. I

affirm my Crown Chakra is violet white light.

I AM THAT I AM

OM

I affirm that all my Chakras are now ignited with a

Fifth Dimensional Ascension Flame.

I AM THAT I AM

OM

I now call with all my heart and mind for the help of

my other eleven soul extensions in my Ascension process.

I AM THAT I AM

OM

I now affirm the balancing of all Karma from past and

future lives.

I AM THAT I AM

OM

I now call for a full and complete baptism of the Holy

Spirit.

I AM THAT I AM

OM

I now call for my spiritual teacher to come and unite

with my consciousness and my entire four body system.

I AM THAT I AM

OM

Lastly I call upon my Monad, my Soul and my Spirit to

fully descend and integrate with my entire four body system.

I affirm I am fully integrated.

I AM THAT I AM

OM

I affirm that I am fully ready and I invite the Mahatma

Energy through my Monad, my I AM Presence, my Soul and my

entire four body system, that it may illuminate me and all

those that come into contact with me, and I further affirm I

am grounding this energy for the healing of Mother Earth.

I AM THAT I AM MAHATMA

OM

Be still and know that I am God.

I affirm I am God

I AM THAT I AM

I am the Resurrection and the Light.

I AM THAT I AM

I am the mighty I AM presence on Earth forever more.

I AM THAT I AM

I am the Ascended Master (here say your own name).

I AM THAT I AM

I am God living in this body.

I AM THAT I AM

The mighty I AM presence and the Mahatma is now and

forever more my real self.

I AM THAT I AM

I am the Ascension in the Light.

I AM THAT I AM

I am the open door that no one may shut.

I AM THAT I AM

I am the divine perfection NOW.

I AM THAT I AM

I am the revelation of God.

I AM THAT I AM

I am the Cosmic flame of Victory.

I AM THAT I AM

I am the Ascended Being I wish to be NOW.

I AM THAT I AM

I am a full member of the White Brotherhood.

I am a full member of the White Brotherhood.

I am a full member of the White Brotherhood.

I affirm I am physically immortal and I can choose to

stay on this earth for ever without ageing. I affirm that

I will age no more.

I affirm that in this instant Holy Salvation has come to me.

(Chant the following verse three times)

I am now fully integrated and choose to stay on earth to

help others realise their own Christ Selves and become Mahatma.

I AM THAT I AM

OM

Ascension meditation

The following meditation is a compilation from two sources: Dr. Joshua David Stone's Complete Ascension Manual (Light Technology Publishing, Sedona AZ, 1994), pp.287-94; and a channeling by Hari Das Melchizedek during a workshop held in Jersey, Channel Islands, on May 14, 1995.

Dr. Stone writes, "This is an extraordinarily complete and comprehensive meditation. It is guaranteed to invoke the ascension energies. It is a meditation and treatment I would recommend working with every day, either once or twice a day, on a consistent and ongoing basis. I will guarantee you that this meditation and treatment will completely transform your consciousness, your four-body system, your reality."

Ascension Meditation

I ask at this time that I be prepared for a higher level of consciousness.
I ask at this time that I be prepared for initiation into the Higher Christ Consciousness.
I ask at this time that I be prepared to receive my full quotient of Mahatma energy.
I ask that I be prepared to receive my maximum light quotient in every cell of my being.

I wish to lay myself at the feet of the Buddha, to open my heart and receive all that there is.
Please grant my wishes as I am now ready to receive the Mahatma Energy
and my personal Ascension.

I AM THAT I AM -- OOOOOOOOMMMMMMMMM

Beloved Source, Christ, Holy Spirit, Beloved might I AM Presence, my Monad, I AM THAT I AM,
Beloved Mahatma, the Avatar of Synthesis, Seven Mighty Elohim, Melchior, our Galactic Logos, Ashtar Command, Archangels Michael, Jophiel, Chamuel, Gabriel, Raphael, Uriel, Zadkiel, Metraton, Sandalphon, Helios, our Solar Logos, Sanat Kumara and the Buddha, our Planetary Logos, Vywamus, Lord Maitreya and Kuthumi, the Planetary Christ, the Manu, Allah Gobi, the Mahachohan, Sathya Sai Baba, beloved Chohans of the Seven Rays, El Morya, Djwhal Khul, Serapis Bey, Paul the Venetian, Hilarion, Sananda, and Germain, Lords of Karma, Quan Yin, Isis, Mother Mary, Babaji, The Great Divine Director, Enoch, Merlin, Wotana, the Masters Medical Assistance Program Team (the Overlighting Deva of Healing, Pan, the Ascended Masters, my Monad), Order of Melchizedek, Spiritual Hierarchy, Masters of Shamballa!

I AM the Monad, I AM the Light Divine.
I AM Love, I AM Will
I AM the Mahatma
I AM the Source's fixed design.

I now call for a tube of cosmic light to protect me throughout this meditation, and in my life in general. This tube will protect me from all that is not of God and the Christ Light.

(Now visualize the following: Within this tube, see a smaller tube of Light, abut as big around as your head. Now it is moving up through your Crown Chakra, onwards and upwards to your Soul, through your I AM Presence, and on up through all the 352 levels to Source.
This tube is your Rainbow Bridge. When you have linked up with Source, bring this tube down through your seven chakras, and send it down to the center of the Earth.)

Now let us activate this Rainbow Bridge from the center of the Mother Earth all the way to Mother/Father Source, by chanting OOOOOOOMMMMMMMMM [7 times]

I now call for a pillar of light from God, flowing down my Rainbow Bridge (antakarana) and my tube of protection. This pillar of light from God is the Mahatma Energy. I let this Light fill my physical body, etheric body, emotional body, mental body and spiritual bodies.

I now call upon the Mahatma Energy, which is Group Consciousness, which takes in the 352 levels back to Source. I ask that it fill every cell in my physical body.
Now let it fill every organ, the pineal gland, pituitary gland, thyroid, thymus, adrenals, gonads. Let this Mahatma Energy fill all my bodies with Cosmic Light, bathe my entire being.

I affirm I AM the Mahatma.

Beloved God, and beloved Mahatma, I now choose to accept the Mahatma Energy into my entire Energy Matrix, to allow a full and open radiation of my divine self to all that is—NOW!
I AM THAT I AM—OOOOOOOOOOOOMMMMMMMMM

I now call forth from God and the Godforce a series of golden balls of light.
Let the first golden ball of light enter my 1st chakra. I affirm that my 1st chakra is fully open and activated—NOW!
I AM THAT I AM—OOOOOOOOOOMMMMMMMMM

I let the golden ball of light enter my 2nd chakra. I affirm my 2nd chakra is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOMMMMMMMM

I let the golden ball of light enter my 3rd chakra. I affirm my 3rd chakra is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOOMMMMMMMMM

I let the golden ball of light enter my 4th chakra. I affirm my heart chakra is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOOOOONMMMMMMMM

I let the golden ball of light enter my 5th chakra. I affirm my throat chakra is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOOMMMMMMMMM

I let the golden ball of light enter my 6th chakra. I affirm my Third Eye is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOMMMMMMM

I let the golden ball of light enter my 7th chakra. I affirm my Crown chakra is fully open and activated—NOW! I AM THAT I AM—OOOOOOOOOOMMMMMM

I now call forth my mighty I AM Presence, the Mahatma Energy, Archangel Michael, the Great White Brotherhood (Ascended Masters), Wotana, Vywamus, Djwhal Khul and the MMAP Team to enter each chakra and perfectly balance and attune it, removing any unwanted energies
that are not for my highest purpose in accordance with the Divine Blueprint.
I affirm I am now fully balanced, and the Mahatma Energy is flowing through me.
I AM THAT I AM—OOOOOOOOOOMMMMMMMMMM

I now call upon the Silver/Violet Flame of Germain to bathe my entire being. I let this beautiful Silver/Violet Flame transmute all negativity into the perception and purity of Source. [15 sec.]

I now call forth the Golden Twelfth Ray to bathe my entire being in Christ Consciousness. I affirm that my entire being and all seven bodies are now filled with this luminous golden energy pouring down from God, my mighty I AM Presence, and the Ascended Masters.
[bathe in this golden Light for at least 15-30 seconds]

I now ask and command that the Godforce and the Mahatma come into my living light merkaba vehicle. [See the merkaba vehicle as a double-terminated crystal that surrounds your entire body, with another horizontal double-terminated crystal going through it at the level of the heart chakra, horizontally. See yourself in this vehicle and allow it to spin clockwise. This will help to quicken your vibrational frequencies. This spinning allows you to become even more attuned to the cosmic pulse and frequencies of God and the God Force.]
I affirm that my living light merkaba vehicle is now activated with the Mahatma Energy.
I AM THAT I AM—OOOOOOOOOOOOMMMMMMMM

I am now ready for the Ascension process to begin.
Beloved God and Mahatma, I now call for my Soul to fully descend into my consciousness and entire four-body system, if it has not done so already. I AM THAT I AM—OOOOOMMMMM
I now call for my glorified Light Body to descend and enter my consciousness
and entire four-body system. I AM THAT I AM—OOOOMMMMMMM

I now call for the Ascension Flame to descend and enter my consciousness
and entire four-body system. I AM THAT I AM—OOOOOOMMMMMMM

I now call for the full activation of my Alpha and Omega Chakras. I affirm my
Alpha and Omega Chakras are fully activated. I AM THAT I AM—OOOMMM

I now call for the Amrita, fire letters, sacred geometries, and the key codes from the Keys of Enoch to now become fully activated within me. I affirm I am fully activated.
I AM THAT I AM—OOOOOOOOOMMMMMMMMM

I now call forth the full activation and creation of my full potential 36 strands of DNA within my physical vehicle. I AM THAT I AM—OOOOOMMM

I now call for the full activation of my pituitary gland to create only life hormones, and to stop producing death hormones. I affirm my pituitary gland is producing only life hormones—NOW!
I AM THAT I AM—OOOOMMMMM

I now call forth and fully activate my Monadic Divine Blueprints within my conscious, subconscious, and superconscious minds and four-body system. I affirm my Monadic Blueprint is now fully activated. I AM THAT I AM—OOOOOOMMMMMM

I now call forth and fully activate my kundalini energy as guided by my monad and Mighty I AM Presence. I affirm my kundalini energy is rising in accordance with divine will.
I AM THAT I AM—OOOOOOMMMMMMMM

I now call for a Spark of Cosmic Fire from the very presence of God to illuminate and transform my entire being into the Light of God. I affirm I AM God. I AM THAT I AM—OOOOMMMMM

I now call for a full galaxiatonal alignment to perfectly align all my meridian flows within my consciousness and four-body system, with those of the entire galaxy.
I AM THAT I AM—OOOOMMMMMM

I now call for and fully claim my physical immortality and complete cessation of the aging and death process. I affirm I am now youthing and becoming younger every day.
I AM THAT I AM—OOOMMMMMM

I now call for the full opening of my Third Eye all my psychic abilities and channeling abilities, that I may use them for God's purpose and help all people on Earth realize their Christ Selves.
I affirm my Third Eye is fully activated and I can channel—NOW!
I AM THAT I AM—OOOOOOOOMMMMMMM

I now call for perfect radiant health to manifest within my physical, emotional, mental, etheric, and spiritual bodies. I ask and command that these bodies now manifest the health and perfection of Christ. I affirm that I am the perfection of Christ—NOW!
I AM THAT I AM—OOOOOOOMMMMMM

I now call for my 16th chakra to descend, moving all my chakras down my chakra column until my 16th chakra resides in my 7th (crown) chakra. I affirm that my 16th chakra is now my crown chakra. I AM THAT I AM—OOOOOOMMMMMMM

I now call for my 15th chakra to descend and enter my 6th (third eye) chakra. I affirm that my 15th chakra is now my Third Eye. I AM THAT I AM—OOOMMMMM

I now call for my 14th chakra to descend and enter my throat chakra. I affirm that my 14th chakra is now my throat chakra. I AM THAT I AM—OOOOOOMMMMM

I now call for my 13th chakra to descend, enter and reside in my heart chakra. I affirm that my 13th chakra is now my heart chakra. I AM THAT I AM—OOOMMMMMM

I now call for my 12th chakra to descend, enter and reside in my solar plexus chakra. I affirm my 12th chakra is now my solar plexus chakra. I AM THAT I AM—OOOOOOMMMMM

I now call for my 11th chakra to descend, enter and reside in my 2nd chakra. I affirm that my

11th chakra is now my 2nd chakra. I AM THAT I AM—OOOOOOMMMMMMM

I now call for my 10th chakra to descend, enter and reside in my base chakra. I affirm my 10th chakra is now my base chakra. I AM THAT I AM—OOOOOOMMMMMM

I now see the rest of my chakras, nine through one, descend down my legs and into the Earth in a corresponding fashion. I AM THAT I AM—OOOOMMMM

I now call for the complete and full stabilization of my new 5th dimensional chakra grid system within my consciousness and four body system NOW! I affirm my 5th dimensional chakra grid system is now stabilized and anchored within my consciousness and four-body system.
I AM THAT I AM—OOOOOOOOMMMMMMM

I now see my chakra system lighting up like a Christmas tree, with
my 1st chakra becoming a large ball of PEARL WHITE LIGHT.
My 2nd chakra now becomes a large ball of PINK-ORANGE LIGHT.
My 3rd chakra now becomes a large ball of GOLDEN LIGHT.
My 4th chakra now becomes a large ball of PALE VIOLET-PINK LIGHT.
My 5th chakra now becomes a large ball of DEEP BLUE-VIOLET LIGHT.
My 6th chakra now becomes a large ball of GOLDEN-WHITE LIGHT.
My 7th chakra now becomes a large ball of VIOLET-WHITE LIGHT.
My entire chakra column has now been ignited with the 5th dimensional frequencies.
I AM THAT I AM—OOOOOOOOMMMMMMM

I now call forth with all my heart and soul and mind and might the collective help of my eleven other soul extensions in my ascension process—NOW! I AM THAT I AM—OOOOOOMMMMM

I call forth the combined collective help of the 143 other soul extensions of my monadic group in my ascension process—NOW! I AM THAT I AM—OOOOOOMMMMM

I now call forth the complete descent and integration into my being of the raincloud of knowable things! I AM THAT I AM—OOOOOOOMMMMMM

I now call forth the trinity of Isis, Osiris, and Horus, and all pyramid energies t
hat are aligned with Source to now descend into my consciousness and four-body system
and to become fully activated –NOW! I AM THAT I AM—OOOOMMMMM

I also call forth the Ascended Master Serapis Bey and his Ascension Temple energies from Luxor to descend and become fully activated within my consciousness and four-body system NOW!
I AM THAT I AM—OOOMMMMM
I now call forth an ascension column of Light to surround my entire being.
I AM THAT I AM—OOOOOOMMMMM

I now affirm the balancing of all karma from past and future lives. I AM THAT I AM—OOOMMM

I now call for the raising of my vibrational frequencies within my physical, etheric, emotional, mental and spiritual bodies to the 5th dimensional frequencies. I AM THAT I AM—OOOMMM

I now call forth the Light of a thousand suns to descend into my being and raise my vibrational frequencies one-thousand fold. I AM THAT I AM—OOOOOOMMMMMM

I now call forth the sacred sound of AUM to descend and reverberate throughout my consciousness and four-body system. I AM THAT I AM—OOOOOMMMMM

I now call forth a complete and full baptism of the Holy Spirit. I AM THAT I AM—OOOOOMMMM

I call forth the perfect attunement and completion of my dharma, purpose, and mission
in this lifetime in service of God's plan. I AM THAT I AM—OOOOOMMMMMM

I call forth to descend now my Christed overself body. I AM THAT I AM—OOOOMMMM

I call forth my 5th dimensional ascended self, who is already ascended within the understanding of simultaneous time, to now meld its consciousness with my unified field and aura.
I AM THAT I AM—OOOOOMMMMM

I call forth my spiritual teacher _____to descend through my crown chakra and meld his or her ascended consciousness and Light into my consciousness and four-body system.
I AM THAT I AM—OOOOOOOMMMMMMMM

I hereby call forth the great God Flame to now descend and integrate and blend
its greater flame with my lesser flame on Earth. I AM THAT I AM—OOOOMMMM

Lastly, I call forth my monad, my Mighty I AM Presence and spirit to now fully descend
into my consciousness and four-body system and transform me into Light and
the Ascended Master I truly am. I affirm I am fully integrated—NOW!
I AM THAT I AM—OOOOOOOMMMMMMM

I affirm that I am fully ready and I invite the Mahatma Energy through my Monad,
my I AM Presence, my Soul and my entire four-body system, that I may illuminate me
and all those that come into contact with me, and I further affirm I am grounding
this energy for the healing of Mother Earth. I AM THAT I AM—OOOOOMMMMMM

Be still and know that I AM God. I AM THAT I AM—OOOOOOMMMMM
I AM the Mighty I AM Presence on Earth forevermore. I AM THAT I AM—OOOOOMMMMM

I AM the Ascended Master (say your own name). I AM THAT I AM—OOOMMMM
I AM God living in this body as (say your name). I AM THAT I AM—OOOOOMMMMM
The Mighty I AM Presence is now my real Self. I AM THAT I AM—OOOOOOMMMMM

I AM the ascension in the Light. I AM THAT I AM—OOOOOMMMMMM
I AM the Truth, the Way, and the Light. I AM THAT I AM—OOOMMM
I AM the open door which no one can shut. I AM THAT I AM—OOOMMM
I AM Divine Perfection made manifest NOW. I AM THAT I AM—OOOMMM
I AM the revelation of God. I AM THAT I AM—OOOOMMMM
I AM the Light that lights everyone that comes into the world. I AM THAT I AM—OM
I AM the Cosmic Flame of Cosmic Victory. I AM THAT I AM—OOOOMMMM

I AM the Ascended Being I wish to be—NOW! I AM THAT I AM—OOOOMMMM
I AM the raised vibration of my full Christ and I AM potential. I AM THAT I AM—OM
I AM the AUM made manifest in the world. I AM THAT I AM—OOOMMMM

I AM a full member of the Great White Brotherhood and Spiritual Hierarchy.
I AM THAT I AM—OOOMMMMM
I AM the realized manifestation of the Eternal Self. I AM THAT I AM—OM
I AM the embodiment of Divine Love in action. I AM THAT I AM—OOOMMM
I live within all beings and all beings live within me. I AM THAT I AM—OOOMMM

I AM now One with the Monadic Plane of Consciousness on Earth.

I AM THAT I AM—OOOOMMMM
I AM now living in my glorified body of Light on Earth. I AM THAT I AM—OM

I now affirm my ability to transform my four bodies into Light and travel anywhere in God's infinite universe. I AM THAT I AM—OOOOOMMMM

I call forth to Helios, the Solar Logos, to now send forth into my consciousness through my crown chakra, the 64 Keys of Enoch in all five sacred languages so they are fully integrated into my being on Earth. I AM THAT I AM—OOOOMMMM

I fully affirm my identity as the Eternal Self, the Christ, the Buddha, the atma, the monad, the I AM Presence on Earth in service of humankind. I AM THAT I AM—OOOOMMMM

I fully affirm that I am physically immortal, and I can, if I choose, remain on Earth indefinitely without aging. I affirm that I will age no more. I AM THAT I AM—OOMMMM

I see every person, animal, and plant as the embodiment of the Eternal Self, whether they are aware of their true identity or not. I AM THAT I AM—OOOOOMMMM

I AM now the perfect integration of the monad, soul, and personality on Earth.
I AM THAT I AM—OOOOOOOMMMMMMM

In this holy instant has salvation come. I AM THAT I AM—OOOOOMMMMMM
I AM one Self united with my Creator. I AM THAT I AM—OOOOMMMM
I AM the Light of the world. I AM THAT I AM—OOOOMMMM

I AM now a fully ascended being who has chosen to remain on Earth to be of service to all sentient beings! I AM THAT I AM--OOOOMMMMM
I AM NOW fully integrated and choose to stay on Earth to help others realize their own Christ Selves and become Mahatma. I AM THAT I AM—OOOOMMMM
I AM NOW fully integrated and choose to stay on Earth to help others realize their own Christ Selves and become Mahatma. I AM THAT I AM—OOOOMMMMM

Kodoish, Kodoish, Kodoish, Adonai Tsebayoth!
Kodoish, Kodoish, Kodoish, Adonai Tsebayoth!
Kodoish, Kodoish, Kodoish, Adonai Tsebayoth!
(Holy, Holy, Holy is the Lord God of Hosts!)

The book of The Keys of Enoch is fairly abstruse and difficult to understand for most people. It is sufficient to know that in this call-and-response meditation you give your permission and call for activation of ascension codes within you.

KEYS OF ENOCH MEDITATION
Haridas Melchizedek—May 13, 2000—Glastonbury, England

Beloved Presence of God, Mahatma and the Council of Elohim, Metatron and the 12 Archangels, the Cosmic Council of Twelve and the twenty-four Elders, Melchizedek, Lords of Sirius and Arcturus, Sai Baba and Vywamus, Lord Maitreya and Sanat Kumara, Djwhal Khul and Babaji, El Morya and Kuthumi, Serapis Bey and Paul the Venetian, Hilarion and Sananda, Germain and the Ashtar Command—With all my heart and soul I now call forth from the Throne of God and the Golden Chamber of Melchizedek, and Sanat Kumara and the Buddha, the two to five minute ascension activation program for my personal and cosmic ascension. I also request ascension activation for my core

ascension group and all sincere ascension seekers in the entire Universe. I also request ascension activation for Mother Earth, if she would like to receive this blessing.

As I go through this prayer, I ask that these activations be given and that they be programmed into the ascension seats, and the Light quotient building program with which I am involved, and am officially invoking now. I request that this program, once invoked, continues twenty-four hours a day, seven days a week, three hundred and sixty-five days a year, until I achieve 110% Light Quotient, the anchoring of my thirty-six strands of DNA, and the anchoring and the activation of my twelve bodies, and full God-realization on all levels. I request that this takes place at night while I sleep.

It is now also time for humanity and the Earth to fully complete their ascension. I affirm I invoke this now. Metatron and Melchizedek, completely anchor and activate this day, and over the next two years, until fully complete, the following seventy-six Keys as stated in the Keys of Enoch and in the inner-plane Book of Knowledge. Anchor and fully activate the seventy-six Keys on Solar, Galactic, Universal, Multi-universal and Cosmic levels in all five cosmic and sacred languages.

Anchor the Deca Delta Light emanations from the ten Light Subscripts.
I affirm this is done now. I AM THAT I AM.

Anchor the fifty chakras, the twelve bodies, and the Melchizedek diamonds and crystals.
I affirm this is anchored Now. I AM THAT I AM.

Anchor the Nogan shells of Yahweh on a permanent basis.
I affirm these are anchored now. I AM THAT I AM.

Anchor the divine template and the Light grid of the Elohim permanently.
I affirm these are fully anchored now. I AM THAT I AM.

Anchor Yahweh's Tablets of Creation.
I affirm these are firmly anchored now. I AM THAT I AM.

Anchor the Cosmic Torah.
I affirm the Torah is anchored now. I AM THAT I AM.

Anchor the scriptures of Melchizedek.
I affirm these scriptures are anchored now. I AM THAT I AM.

Anchor the scriptures of Metatron.
I affirm these scriptures are anchored now. I AM THAT I AM.

Anchor the Elohim scriptures.
I affirm these scriptures are anchored now. I AM THAT I AM.

Anchor the cosmic Tree of Life permanently and open all its branches.
I affirm this is done. I AM THAT I AM.

Anchor the seventy-six sacred names of Metatron and Yahweh.
I affirm these names are fully anchored now. I AM THAT I AM.

Anchor Yahweh's living energy codes.
I am these codes now. I AM THAT I AM.

Anchor Yahweh's Book of knowledge.

I affirm this knowledge is firmly in my consciousness. I AM THAT I AM.

Anchor the gifts of the Holy Spirit as described in the Keys of Enoch.
I affirm these gifts are firmly anchored now. I AM THAT I AM.

Anchor the scrolls of weights and measures.
I affirm this is done. I AM THAT I AM.

Anchor the keys of the Alpha and Omega Melchizedek priesthood.
I affirm these keys are firmly anchored now. I AM THAT I AM.

Anchor the highest triad of the Tree of Knowledge.
I affirm this is firmly anchored now. I AM THAT I AM.

Anchor the Divine Seed of the Elohim.
I affirm these seeds are anchored now. I AM THAT I AM.

Anchor the keys to the Father and the Son and the Shekinah Universes.
I affirm these universes are firmly anchored in my consciousness now. I AM THAT I AM.

Anchor the biological codes for the Christ race.
I affirm I am Christed now. I AM THAT I AM.

Anchor the scriptures of the luminaries.
I affirm these scriptures are now firmly anchored. I AM THAT I AM.

Anchor the codes of the luminaries.
I affirm these codes are firmly anchored now. I AM THAT I AM.

Anchor the hidden divine word of Yahweh.
I affirm these words are anchored now. I AM THAT I AM.

Anchor the image of the Elohim permanently.
I affirm I am this image now. I AM THAT I AM.

Anchor the flame of Yahweh on a permanent basis.
I affirm I am the flame of Yahweh now. I AM THAT I AM.
Anchor the knowledge of the next universe as described in the Keys of Enoch.
I affirm that this knowledge is firmly anchored in my consciousness now. I AM THAT I AM.

Anchor the ten pictures of the Light of Yahweh as described in Key 64.
I affirm this Key is now activated in my consciousness. I AM THAT I AM.

Anchor the entire treasury of the Light of Yahweh on an ongoing, non-stop basis, until the twelve dimensions and bodies and the fifty chakras are fully integrated.
I affirm this integration has taken place now. I AM THAT I AM.

Illuminate permanently the seventy-two areas of the mind.
I affirm my mind is fully activated now. I AM THAT I AM.

Anchor the complete Yod spectrum.
I affirm my Yod spectrum is now fully activated. I AM THAT I AM.

Anchor the permanent Teleshift Light Field for divine protection.

I affirm, from this day on, I have divine protection. I AM THAT I AM.

Anchor permanently the Father's Eye of Creation.
I affirm the Father's Eye is now firmly anchored in all my bodies. I AM THAT I AM.

Anchor permanently the Garment of Shaddai, the Lightbody of Metatron.
I affirm I am this Lightbody now. I AM THAT I AM.

Anchor the superelectrons and microtrons so that they can replace all existing electrons.
I affirm I am superelectrons. I am microtrons. I AM THAT I AM.

Anchor the bio-stratus, the genetic super-helix, and the 352 strands of DNA.
I affirm my 352 strands of DNA are fully activated now. I AM THAT I AM.

Anchor the Light frequencies to spiritualize my blood chemistry.
I affirm my blood is spiritual Light. I AM THAT I AM.

Permanently anchor Ain, Ain Soph, and Ain Soph Or into my consciousness.
I affirm this is done now. I AM THAT I AM.

Bestow an ordination of the Spirit of Yahweh.
I affirm this ordination has taken place. I AM THAT I AM.

Anchor the celestial marriage of my twelve bodies.
I affirm that this is done now I AM THAT I AM.

Anchor the star codes of the Melchizedek universe.
I affirm these star codes are fully integrated into all my bodies now. I AM THAT I AM.

Anchor the Light Geometries to permanently energize my etheric and physical bodies.
I affirm I am Light Geometry. I AM THAT I AM.

Anchor the divine recorder cells as described in the Keys of Enoch.
I affirm this is done now. I AM THAT I AM.

Give me a permanent infusion of the Shekinah Life Force.
I affirm this infusion has taken place now. I AM THAT I AM.

Now let there be a baptism by the Holy Spirit.
I affirm I have been baptized by the Holy Spirit now. I AM THAT I AM.

Open all mind locks
I affirm all mind locks are now fully open. I AM THAT I AM.

Open all twelve seals, so that we may be directly linked to the cosmic Tree of Life.
I affirm all seals are open now. I AM THAT I AM.

Complete the opening of the Gates of Light all the way up to Yahweh and his Treasury of Light.
I affirm this Treasury of Light is fully anchored in my entire four-body system. I AM THAT I AM.

Anchor the cosmic Pyramids of Light on a permanent basis.
I affirm these cosmic Pyramids are firmly anchored in all my bodies now. I AM THAT I AM.

Activate my messiahship within.
I affirm I am the Messiah. I AM THAT I AM.

Anchor the Robe of Power of Djwhal Khul.
I affirm I am surrounded by this Robe now. I AM THAT I AM.

Anchor the Robe of Power of Melchizedek.
I affirm I am wearing this Robe now. I AM THAT I AM.

Allow the permanent anchoring of the Sword of Lord Michael.
I affirm I am under the protection of AA Michael and his Sword forever! I AM THAT I AM.

Remove at this time all the veils that hide the Light.
I affirm these veils are now dissolved in Light. I AM THAT I AM.

Remove all the veils of time.
I affirm that time does not exist. I AM THAT I AM.

Allow a permanent anchoring of the Tetragrammaton upon my inner mind.
I affirm this has taken place now. I AM THAT I AM.

Allow a permanent anchoring of the Divine Plan of Yahweh.
I affirm I am this Plan now. I AM THAT I AM.

Anchor the Light Pyramid of the next Universe of Yahweh.
I affirm I am this Light Pyramid now. I AM THAT I AM.

Anchor and activate all living energy codes so that I may become attached to the larger membrane of the Universe of Yahweh.
I affirm I am attached to that Universe now. I AM THAT I AM.

Anchor the scriptures of the Light Beings to come.
I affirm this is done. I AM THAT I AM.

Anchor the Sacred Geometries and the Color Codes to transform my chromosomes into the Blueprint of Yahweh.
I affirm Yaweh's Seed Blueprint is activated in my consciousness now. I AM THAT I AM.

Anchor the Light Packets of information from the Nag Hammadi codices and scriptures, so that I may develop a greater understanding of all Light Bodies now.
I affirm this is done now. I AM THAT I AM.

Anchor on a permanent basis the electromagnetic Light Body.
I affirm this electromagnetic body is now fully activated. I AM THAT I AM.

Permanently anchor my overself bodies, the Paradise Sons, the Orders of Sonship, the Christ overself body, and the overself body as described in the Keys of Enoch.
I affirm this is done. I AM THAT I AM.

Permanently anchor the twelve foundations of the heavenly Jerusalem.
I affirm these energies are firmly anchored now. I AM THAT I AM.

Anchor and activate all pertinent Light packets of information from the Melchizedek Dead Sea Scrolls.
I affirm this information is activated in me now. I AM THAT I AM.

Fully anchor and activate the structural pattern of Living Light.
I affirm I AM light. I AM THAT I AM.

Anchor the quanta mechanical corpuscles of Light.
I affirm I AM Light now. I AM THAT I AM.

By the grace of God, anchor the entire Treasury of Light of Yahweh into my entire being.
I affirm I am the grace of God. I AM THAT I AM.

I further request that my crown chakra be directly connected by a cylinder of Light with this Treasury, under the guidance of Metatron and Melchizedek and Mother/Father God and my own I AM Presence. I AM THAT I AM.

I also request that the ascension columns in my ashram and my home be connected with this Treasury, if it be in harmony with God's will.

I now pray, with all my heart, my soul, and my mind that these seventy-six activations that I have invoked will continue on a non-stop basis, until I have realized the twelve levels. I am 100% serious about what I have invoked, and ask, by the grace of God, if I am deemed worthy, and of course I am, to be given these cosmic blessings I have asked for.
I affirm I am open to receiving these blessings now.

Holy, Holy , Holy is the Lord God of Hosts!

My beloved subconscious mind, I hereby ask and command that you take this thoughtform prayer, with all the mana and vital force necessary to manifest and demonstrate this prayer to Yahweh, the Cosmic Council of Twelve, the Elohim Council, and the Archangelic Councils, through Melchizedek and Metatron, and my own I AM Presence. I AM THAT I AM.

Beloved Presence of God, Melchizedek, Metatron, and Archangel Michael, let the Rain of Blessings fall! Amen.



CRYSTAL WORKSHOP July 2002 – Bordeaux

Everybody knows why he or she is here, I think. We are going to have a lot of fun.
Now it is the time to get yourself into that frame of mind: 'I'm going to relax and take things easy' because you are not going to have a good time if you (constipated face) and it's much harder to work if you are not relaxed. Understand that we are in a safe place so, obviously, you can go through your processes that you need to go through. This workshop is not only about crystals, it's about expansion of consciousness. And how we can expand our consciousness: by using these tools. As the days go on, we'll do also practical work so in other words, I'm not going to sit here for 5 days talking to you. It might please you or it might not but we'll work with some crystal technologies that I'll share with you and hopefully everybody is going to have a good time.

What are the first things you must understand about a workshop like that? It is necessary if you have questions to ask questions. There is one thing that we don't want you to do it is having questions in your mind and not asking them and asking Delphine the questions during lunch time.

Over the years I just shared what I had to share with people and I just keep getting more and more information. There is not only more and more information but as we progress in any round of creation things change in any world, on any planet. These changes are energetic, changes in our physiology, and in our other bodies called spiritual bodies or subtle bodies or multi dimensional bodies. In fact, on this planet, everybody is on a journey, a journey towards self-realisation. This realisation is to integrate the knowledge that we are not separated, that in fact we are not different from Mother / Father God. There is not such thing as duality that is the reason why people incarnate or take birth on this planet. In fact we are on a journey of realising that everything is perfect in the eyes of Mother/Father God and that we are not victims of anything. We are creators and co-creators of our own situations and we are creators and co-creators of anything happening upon this world. One of the big realisations on the journey is that if we want to change anything upon our planet we make the change in ourselves and the changes take place around us. People try to make changes outside in any way – you know the stories, the campaigns: save the forest, save the dolphins, the earth, save everything – but people don't work on saving themselves. In fact, it is a denial of your own potential, it is a denial of your own goddess and goddessness. A person I admire very much is Mahatma Gandhi who said 'If you want to make change, just be that change'. When you do a workshop with me and my team, the focus of the workshop is change and changes through the expansion of consciousness, the integration of freedom through unconditional love, you might then wonder when crystals are coming into this.

They are coming to this in a place where crystals are conscious beings just like anything also manifesting on the planet. Each one has an individual consciousness just like every human being. Not only do they have an individual consciousness in their dimensional reality but they have also an individual consciousness throughout all other dimensional realities, like us. The nature of quartz crystals is that their consciousness can interact with ours easily. This is the gift that crystals have to give us and you have to understand that they are very willing to share their energies with us.

As part of that sharing of consciousness we can also use them to facilitate healing. Notice that I use the term facilitate. It is very important to understand that, no matter which method of healing we use or whatever energy we work with, there is not a healer on planet earth but there is a lot of healing facilitators. You may or may not understand the difference in this statement but in fact when we are working with people in healing we don't do the healing. It is an illusion to believe you are a healer. It is all part of the great 3D illusion through ego. When we do this we create the conditions energetically so people can become whole. In other words they heal themselves and crystals can really help with that.

First of all, what do you need to understand about crystals? A lot of people, when the word crystal is used, they think of rubies, diamonds, quartz, any kind of these mineral types of crystals but the whole creation is crystalline. It is not the same nature of quartz like rubies, etc, but it is crystalline. It doesn't matter if it's apparently solid or whether it is liquid or gas or from what dimensional reality it is, it's crystalline based on what is known as sacred geometry. Now,

if you really integrate what I have said you may have the realisation that in fact you are crystals or shall we say a combination of different crystals. You start to understand a little bit on how those quartz crystals can interact with us. To help you to understand a little bit more about your crystalline nature, your body is made of a very large percentage of water and water is liquid crystal. It is easier to see the crystalline nature of water if you lower the temperature of it and it turns into ice. Your blood is a liquid crystal. If you look at dried blood under a very high power microscope you can see the crystals in it. Your bones are crystals, your teeth are crystals, your hair is crystalline, and every aspect of you in your physicality is crystal. You start to understand that all crystals are programmable and that you can programme crystals just like you can programme a computer – a computer is a bunch of crystals. This thing known as a processor is based on crystal, it is made of crystal. Crystals respond programming and our body is also a respond of programming, our blood, and our water, anything else. May be you are starting to understand now that we create programmes in our consciousness and in our bodies through our thought patterns so therefore we can change those programmes.

The basis of our consciousness and our body types, our RNA and our DNA are all crystalline and the amount of activation of the sequences of information that are contained in these crystals actually govern the amount of consciousness that we use, our capability to interact with all manifested and un-manifested creations - all is a question of crystal and programming.

You must also realise that although quartz crystals interact with multi dimensional realities in fact we have everything that we need inside us. Crystals, in some ways, you can look upon them as tools. Of course this is a very broad statement, there is, in certain types of crystals, some limitations energetically but in a broader sense they will work in the ways you want them to work.

You may understand now how versatile these tools are. To start with crystal basics, there are actually a lot of information which are not 100% correct running about crystals and the first piece of information that always need to be said is that all crystals need to be de-programmed, cleaned and re-programmed, even before you keep them in your immediate environment and this also not only goes for quartz crystals but for any other kind of crystals even the precious or semi precious stones you might have in your possession. The fact is that crystals are not like many human beings, they are non-judgemental in any kind of ways so they will work with any kind of energy. They don't say 'this is bad so I won't do it' they just say 'yeah, OK'. They are amplifiers of energy. They also hold information. Most crystals that come into our possession, gemstones or precious or semi precious or quartz have been used before for different things and they all are just working with energy. You can see how this works when say your grand mother dies and leaves you a diamond this big – if you are lucky or may be very unlucky actually – and within a year or so you start dying of the thing your grand mother died. You know what kind of reaction there is: this must be some kind of hereditary disease… The diamond is killing you because it is holding the energy of the disease. It is just working with energy and it is holding the energy of the disease.
Crystals don't judge. They are transmitting energy which goes into your aura, recycling the energy, and everything starts to go crazy. This is why it is important to deprogram, clean and programme them all.

The way that many people say that you can clean crystals is to put them into salt. Don't do it! There are a number of reasons why. The salt is also crystalline, remember but salt is the greatest gatherer of discordant energies on planet Earth. Even the 3D medical profession tells you salt is not good for your diet. They come up with their own reason for this but the reason is that salt holds a lot of discordant energies. Of course you can reprogram salt and that makes things completely different but most people don't know that. Crystals don't like salt for the simple reason that salt dehydrates everything. Remember how the old Egyptians made mommies, they used salt; this is how they did them. When you die they just put a whole pile of salt on the body and I don't know how long but 2 or 3 weeks later they take the salt away and you are dried out, just like the way you salt fish or meat to keep it.
Crystals have a lot of water in their molecular make up. Their chemical make up is silica dioxide therefore oxygen and water, silicate with a high percentage of water. What happens when you put crystals into salt is even if a crystal seems perfectly smooth, even after it has been polished there will be minus cracks and the salt gets into them and they dehydrate and they start to crack up.

Another good reason not to use salt is that salt will not deprogram the crystal even if you first deprogram the salt. It will remove discordant energies but salt will not remove imprinted programmes. You can see that using salt is a waste

of time? Of course, if you like to have a lot of salt in your food that's OK, just reprogram the salt. Also, may we suggest to you as well as you deprogram the salt you can programme the salt so the programmes in the salt can interact with the crystalline nature of your body and produces changes. This is how you can use salt constructively.

Before we use any crystal we have to deprogram and reprogram it and really do that with simplicity in itself. I must say I have observed in most human beings that often they think this is difficult. Human beings seem to think this is difficult because they have programmes into their consciousness, which lead them to believe that they are not all powerful. Humans indulge many habits in life and many humans indulge the habit of dis-empowerment continually and they don't understand that everybody born on this planet has the same potential and they think that there is only special kinds of people that can do certain things.

There are only two reasons why you can't deprogram and reprogram crystals: one is because you don't believe that you can do it and if you don't believe you can do it nobody can do anything about that except help you through your blockages or assist you to get through your self impulse limitations and the second reason is that somebody has already programmed the crystal with a programme that says 'the programme can't be changed'. If someone programmed with a programme saying that it can't be changed there is absolutely nothing that you can do about that. Believe me, over the 10 last years I gave up trying. I thought there must be a round for this and I tried everything from breaking them up with a hammer into powder but what I found was that each molecule holds the programme. I tried to put them into high voltage or extremely high static charges. No way.

Question…
Crystals accept the command of the programme and it doesn't matter if you have, shall we say an average consciousness or not. You have to understand that if you programme a crystal it doesn't matter from where the consciousness comes from. The nature of the molecular structure of the crystal and other parts of its consciousness set that programme and it stays.

Story about a friend who stole a crystal and gave it back saying the crystal was dead because not responding.

In this room I asked to the crystals to take things easy. OK, I want you to bring energy into this room but slowly slowly because we don't want to blast away everybody for the first day!

When you keep crystals around you or maybe you wear them on your body – people have crystal pendants or earrings and how crystals are working with energy is: it takes energy through their basis; they process the energy through their matrix, their spirals of matrix and it is in the spiral matrix that the information is stored and they transmit it with their points and if you are wearing a crystal it is transmitting the energy out of the points continuously into your aura and etheric matrix. It again takes the energy into your aura and etheric matrix again and again, transmitting it back to it and so on and so on, round and round. Remember that crystals are also amplifiers of energy and make it stronger and stronger all the time. So when they work like this, it is very easy then for discordant energies to be brought about into your cellular structure. In a very basic level, if you are an emotional type of person it makes the energy stronger and stronger. In fact, your emotional body becomes totally stressed. Even after a while people starts sometimes to believe that something outside of themselves is trying to attack them energetically. Stress also activates the chakras and when you got high stress in your solar plexus chakra it activates your crown chakra and this discordant energy goes straight into your aura, comes back again through your solar plexus and it is constantly transmitted into your aura and etheric matrix and people start thinking that there is something outside of themselves. In the meantime the unprogrammed crystal think 'this is really good fun!' Remember, they don't judge and say 'Well this is not doing to this human consciousness a very good service ' Really, you can't stress enough the importance of deprogramming and programming crystals. Actually, you can programme anything in creation.

As we move up towards the break I'm going to talk more about the crystalline nature of the body and the importance of programming our DNA.
I mentioned earlier that our DNA is obviously crystalline. RNA and DNA hold the codes for the form of our physical body and our consciousness. We say that DNA relates to consciousness. Sometimes it is very hard to understand the concept. I'm going to explain it. People continually underestimate the importance of the sequences of codes in our DNA structure. There was a question: "Could we be born with programmes in our crystalline nature not really

conducive to our forward movement into wholeness?" And you remember my reply was "Yes". Now you have to first of all understand there are no such things as victims in creation and that all of us, not only on this Earth but every being that is alive somewhere in any dimensional reality, in any universe, any planetary system, is on a journey. You have to understand that about these beings we may often make a judgement about them by calling them bad, negative or whatever have also been created by Mother/Father God and are also parts of the adventure of consciousness to wholeness and their part in the cosmic plan is to keep pushing others to become more determined to find freedom through unconditional love. Some people say that their agendas are outside of the cosmic plan but I don't see it like that. They just keep pushing us and pushing us until we have the realisation to stand in our own power, until we say: "Well, I'm not going to take anymore" but they have worked as well on what people may call our disempowerment in so many different ways and it is very true that many human beings hold sequences of information or codes which contain information which limit consciousness and these codes are contained in our DNA. In this information you may start to realise how important it is to actually reprogram our DNA and understand that if many average human beings – and I say this is a blank statement – only have may be 2 or 4 strands of DNA active and even having these 2 or 4 strands of DNA active there is limitation into the programming. In other words there is information missing which trigger consciousness. Now if you think you got 2 strands of DNA active you are operating into multi dimensional realities. But let's focus on the 3D for the moment. In fact your awareness is not very high. If you got 2 strands of DNA active you probably use 6% of your brainpower, maybe 8% maximum. What about the other 92% or 94%? When you have these figures it helps you to understand your potential so you understand that if you activate more strands of DNA with correct programme sequences your consciousness or your awareness goes out, out…. You start to realise the connection with the whole of creation.

So how do you reprogram DNA? It is the same way that you programme any other crystal. But you need to programme with the correct information. You have to understand that our DNA programming is linked to sound and form. Remember that the Bible says in the beginning there was the word and word was… In the Rig Veda, the oldest known Hindu scripture, it is said in the beginning there was the word and the word was "OM". All sound contains form. These forms are what we call sacred geometry. All the activation codes for total consciousness are contained in languages. These languages known as sacred languages are: Hebrew, Chinese, Tibetan, Egyptian and Sanskrit. This is why we work with the letters of the sacred languages. You have also to understand that the letters of the sacred languages have been corrupted along the way. When they really corrupted was the time historically we know as the Babylonian times. With the corruption of the languages was brought about a limitation in the expansion of consciousness. In English we translate this word Babylon: we split it into two words and we say, "Bubble" "On". Through the corruption of languages we experienced another limitation of consciousness and in the coding of our DNA. One of the things that we can do is, through the correcting programming of our physical and etherical DNA, to rapidly give us access to expanded reality.

If we say higher levels of consciousness that doesn't mean superior in some ways or that it is more holy or something like that. We mean higher vibration. It is better to use the words expanded consciousness rather than higher consciousness.

DNA is not only in physical body; it goes also through all your multidimensional bodies, through your I am presence, through the central sun to the source of creation, what we know as Mother/Father God. It also goes down into the heart of Mother Earth. With correct activation, it gives us access to all that is. It doesn't take a lot of working out, it means you experience enlightenment.

There is a simple way of explaining DNA programmes and codes. If you are a computer user you understand that if you want to do a certain task with the computer you need to load a programme, which relates to that task and if you don't have the programme you can't do it. You can have the most fabulous computer ever built in the world; if you don't have the operating programme in it you can do nothing. It is exactly the same with the DNA.

How do we do this? It is very true that there are very few people upon this planet that have a pure DNA for the simple reason that there have been so much inter breeding. Of course, at this time, in our history, the governments prefer to keep the existence of the extra celestials away from the people. Through the conditionings in their conscious mind, a lot of people will find the concept difficult that over millions of years on planet Earth that humans have interbred with other races, from other places, from other star systems, from other planets, etc. The result of this is because people

don't hold pure human DNA they have a harder job to realise their true potential as human beings. Notice I said limits the potential; I didn't say cancels human potential.

Question: But the potentials should be higher thanks to those interbreeding?
There are three types of beings in creation: human, reptilian and insectoïd. Humans were created to realise a certain potential and reptilians created with a certain potential, same for insectoïds, but the way we realise those potentials are actually different so the journey, the path, is different and if we have DNA coding, say from another humanoid race, who were created to take a different journey home, what it does is that it holds back. Ultimately you have to realise that all beings in creation have the same goal but the ways it is achieved are different. At this moment, the way I see is that the reason why Mother/Father God created us is to experiment through the creation and that is only why creation is so diverse so we have certain choices known as free will. In fact, what this free will means is that we can take straight the express to empowerment and unconditional love or take the scenic route. These are the choices that we have but this version of the humans that are on this planet… Originally the plan was to use the express but the pushing by the others has created blockages in our consciousness. Of course people who are into victim consciousness see that as victim disempowerment. When you take the scenic route you have the choice of stopping often here and there and everywhere, doing whatever you want to do. If the train stops often you can have adventures and all the rest of it. You've got the opportunity to create your own agenda but the express goes straight through and you don't have that opportunity, the express company did it for you. Others create their own agenda on the scenic route so some beings look at Earth as a real choices estate and they use people there like they would with horses, like animals working for them. They consider the humans as eventual slaves. It is like a diversion for us on the scenic route.
Remember you don't live once, you live to die and die to live. Most humans have difficulty with that one because they interact so actively with the illusion in 3D through their emotional bodies that don't want to leave. "I don't want to die!". These days if you live for a hundred years you consider that you had a long life. I can remember of this planet when we would live 4 or 5 thousands years and you could have a lot of adventures during that time. But we actually understood that we were adventurers in consciousness and we realised that after all that long time we wouldn't mind to go through the ascension process. Holiday from this place, gone! These days you hear so many people that hate to be on Earth but still don't want to die. Humans are crazy or what?
These beings who have the agenda: "OK, earth seems to be a nice place, I think we'll take it over, there are a lot of humans that can work for us, we can make them all our slaves. But wait a minute, they have the potential to realise they are gods and goddesses any time and if that happens they won't be our slaves anymore. Never mind, we'll change some of their codes in their DNA then they wouldn't know anything."
You have to realise that there are no victims; there are only adventurers in creation.
"Maybe, instead of deprogramming their DNA what we'll do is to create a shift into the magnetic field of the planet. We'll make south to North and they will forget everything. It will whip out the collective consciousness." And our last North Pole shift on this planet was not long ago. Our technologies are actually based or work with the magnetic field of the planet. If there is a pole shift there is no more electricity so nothing technological works anymore and everybody forget who they are, forget their goddessness and what they are doing here. And you start the adventure in consciousness all over again.
The reason why this dimensional reality was created was so that Mother/Father God could experience what it was like to be cut off and to have an experience of non-love in duality. And the reason why you've got involved in this, whether you know it or not, is because you like adventures and one day you were, in some other dimensional reality having a nice time while reading the cosmic news, getting a bit bored… Look, situation vacant… Adventurers in consciousness required… the wages are terrible… you will loose all connection with your true self, to Mother/Father God… It is going to be temporary, this disconnection, but we don't know how long it will take to get it back again. Through adventures into duality you will completely forget who and what you are but don't worry Mother/Father God will always have an eye on you. Have you never seen the eye of Horus? And also, you'll be cut off from your other aspects into multi dimensional realities.
We are looking for two teams: one will have the black tee shirts and one the white tee shirts. The adventures will give you the opportunity and her we are!
This is really the way you have to see all this. It is not that the beings are evil or negative or whatever. It is the game. It is the game of creation and the aim of the game is to have self-realisation. "I am not separated from Mother/Father God". "I am Mother/Father God". We are on a journey to home again.
Some others think: "Well, let's see if we can slow them a bit so they will get more determined". They are not evil. The devil is not after you. The devil is a product of the conscious mind and of course you have heard about all the stories of

the devil. It's like some roman emperor decided that he would control the people by telling them that Jesus died for them. "Let's get them guilty as hell, that will slow down them a bit until they work on guilt it might take them 10.000 years".
You have been told that if you try to do anything for yourself like expanding your consciousness in any way, shape or form, then the devil will get you but when you expand your consciousness nobody can control you through guilt.
I love those scenarios, some are so successful. People quote the words of Jesus and Jesus was a great teacher and he was a really good healer. He must have been good; people are still talking about him now. But Jesus didn't come to make you feel guilty because he took his fifth initiation on the cross. But you see, the guilt that the Christian world suffered through Jesus dying because they were bad is absolutely programmed in our DNA: "I'm a miserable sinner". "How can I communicate with God?" It is very easy: "Just speak up!".
Other codes or energies, which just block our consciousness, you are in our DNA. This is the importance of reprogramming DNA and the reason why we give you information like this is actually to bring you into the frame of mind that you are not victims, to be formed so you can do something about it. If you are not informed you can't do anything about it. One of my personal observation is that so many people are holding the codes of disempowerment in their DNA that as soon as you start to put information like this they go into more fear instead of empowerment or they go into a complete judgement and they judge the other races they interacted with. Or: "I understand the game here and I'm not going to play longer and I'm going to stand in my own power and create in harmony and love". The whole idea of so-called spiritual work – notice I said so-called – any work of expanding our consciousness and supposingly becoming spiritual really is overcoming this programming of disempowerment and fear and guilt. These things can really help.

(Question)
The reptilian brain is actually – you can say the true brain and as time goes on, since this body was created by Yahve actually we have grown other parts of brain which developed into brain which rationalise things, which it is possible to programme with thought processes of disempowerment and lack of knowledge and connection with Mother/Father God. Consciousness is now interlinked with brain processes but in fact consciousness is interlinked with our multidimensional chakra system. It is our brain which wants to rationalise everything and to rationalise everything is not conducive to living in the moment. The reptilian brain takes care of the function of the body.

We are going to tell you a little bit about programming crystals and we'll do a meditation to help us to start to interact with the consciousness and the energy of the crystals.
The information we are going to give you about programming is also in your manual. Is is just the easiest thing in the world. First of all you need to understand is that it has all to do with intent.

Take a crystal in your hands and allow the energy to interact with you in any way. As you interact with the energy of the crystal, what I'm going to do is to just increase the amount of energy that the crystals are working with. Now I am going to deprogram all these crystals and I just want you to keep in tune with their energies. I formulate the intent in my mind:"You will be deprogrammed" and I pass this to the crystals. Now I am going to reprogram the crystals with a series of commands or intent. The first is: "you will channel the seed blue print for creation, the flower of life. Then, you will channel Christ consciousness. You will channel the energy of unconditional love; you will channel the Mahatma energy. You will be self cleansing. You'll work when I say work and you'll stop when I say stop." With my work in crystals nobody can change the program except me and with the others'crystal nobody can change the program except the keeper. I transfer that intent into the crystals. Programmed! Now work!
You can also add to your crystals any other programmes that you may wish including the usual channelling the divine white light and doing work according to the Divine Will.
You can also programme to bring in the cosmic fire letters from the sacred languages. You could also program them to remove the disempowering sequences of your DNA. And to activate in accordance with the Divine Will your axitonal lines. I'm going to put these programmes into the crystals now. Just keep your awareness there. May be you'll feel a few changes in the energies. There is no competition here so don't worry. I put the programme into the crystals now. Bring back your awareness into the 3D focus.
That's the simplicity of the programming.

Now there are always questions in the early days of crystals programming in people's mind: how do you actually

transfer the intent?
Of course the standard reply to that is you just do it but the conscious mind and the ego are great tricksters because of the amount of programming that most people have received that there are only the Holy Ones and the great teachers that can do these things. In fact, if it is easier for you, we inform each and every one of you officially that YOU are the Holy Ones and the great teachers, just like everybody else in the creation. Of course you are perfectly free to argue with yourself as long as you wish until you come to the correct conclusion but to help your conscious minds in the focus of this work you may find that by doing a movement with your hands and a short outbreath you'll find that it helps your conscious mind to understand what you have just done. In other words you have done something so therefore it must have occurred. That just gives your mind and your ego that trigger. In fact, you don't need to say something loud and have your eyes closed to do this. You can just formulate the intent in your mind. I just do it without saying anything.

Question: same process concerning a simple object ?
Yes, it is the same principle but we have other formulas to work with other things of crystalline structure. DNA, for example, needs more specific programming and deprogramming but it's the same concept.

I'll deprogram all the crystals now, just for the fun of it! Feel the change in the energy. Instead of going through the sequences I've gone through I'm going to reprogram another way (this is for the lazy ones). I'm going to reprogram them with the programs I used before. That's my intent: you'll be reprogrammed with the programs I previously used.

When we start working with energies we are not really familiar with, it often generates heat within our cellular structure because there is a resistance to the energy. This is not from the conscious mind or the ego; it is just in the places where your energy flows into your body through your molecular and cellular structures. Your body will get used to that.

Question: is it possible to make a remote programming?
You can program any crystal everywhere on the planet, anywhere in creation. Obviously, when you first work with this, some people find easier to have the crystal in their hands but you can program anywhere. I constantly work on reprogramming different crystals on a universal basis.

Question: I've heard you can clean a crystal by passing it through the flame of a candle?
You can see how, as human beings, we progress in our knowledge and consciousness. We constantly are giving you new information on how to empower yourselves. What I see as a truth for me is the truth of now, not the one two months before. We are constantly evolving, that's the nature of creation. That's why we can't live in the past, we live in the moment. The person who told you that you have to pass the crystal through the smoke of a candle, that's was her truth at that time and candles do generate etheric energy when they burn so, in some ways here you can see the thought process behind that concept. One of my missions on planet Earth is to give people simple ways of enlightening themselves. There have been times in our evolution when a ritual was what we did and ritual took us to a state of consciousness, to a state of awareness where we can achieve (fingers snap) like that. There is no difference in the concept of ritual and the concept of what I do by a snap. The only thing is that the ritual focuses your conscious mind and your ego. You go into the ritual and think: "this will happen" and when ritual is concerned you add: "and so be it!" that's exactly the same as anything simpler. It just take you longer to get there and you have been probably told that you have to have ten years training and you have to wear a special set of clothes and the master told you that you would do it only when he or she decides that you can do it. It all worked in old times but there is no need for it anymore. It's all a question of recognising who you are.

Question: what can you do with a crystal that received the programme not to respond to anyone else than the owner?
There is nothing you can do and of course your next question will be « How do you know? » The reason why we work with you, getting you to a state of mind that you can consciously interact with the crystals is that you can say to the crystal: "What is your program?" You can work also in another way. When you first start to hold a crystal it is easier but of course when you get used to it you can just communicate with the crystals, you can feel the energy of the crystal and the crystal will communicate with you. They have got consciousness, they know what you are saying like they know what we are saying when we program them. It's very easy. They can constantly communicate with you and you can constantly communicate with them. The whole thing is to learn to trust the information, trust the guidance, the

intuition. Learn to trust what you have been given.
You can easily work with a simple yes or no. Simplicity in itself. The best thing is to listen to your guidance. Don't give your power away. G.U.R.U. You are your own guru. Take notice of your own guidance. There is a big misinterpretation on the word guru. Real teachers are not looking for your power but what they are trying to do is to empower you. We don't need your power; we have enough with our own.

Question: When we have a shift of consciousness, what happens with the crystals?
Crystals have also a constant changing of consciousness and what can happen is that the crystals are still holding the energy that you are working with and other times they have finished their work with you. No definite rule there.
You are never the owners of crystals, you are only the keepers. They come into your life and they leave. I have had crystals and people were asking me for years to sell them –some were rare or really beautiful- and I was never selling them but one day I was saying yes, thinking: "What am I doing? I said yes!" They come and go and when crystals are coming into your life it is for a period of time and a purpose. You never choose a crystal, the crystal choose you.
People ask how do I choose the perfect crystal. The reply is: just close your eyes, ask then which one and the first you see is yours. Of course, when you learn to trust yourself more you look at a bunch of crystals and say: who is coming with me?
In the late 70's I had one crystal and it was really my prized possession? I carried it in my pocket about 2 years and I used it to meditate. I found a Chinese man living inside it and we used to talk together a lot. One day I put my hand in my pocket and my crystal was gone. I searched the whole area and never found it. Years later, 5 or 6, I was washing my jeans in a washing machine. I heard a sound and found the crystal. "Where have you been?" "I was working with you in another dimensional reality! Now you have learned something, my friend." I learned from that that you are only the keeper of crystals. Always be prepared to your crystals move on. Always be prepared to give them up. Never really get attached to them.

Allow them to talk to you. Listen to them. If you don't trust yourself immediately there is a way to feel the energy of yes or no. Use one of your hands, take the middle line of the hand and designate either side is yes and the other is no. With a very small time of practice you can learn to feel the energy in your fingers. Don't give your power away to anything because everything is in your own self.

We'll do a meditation to connect with the crystals' consciousness. Choose one crystal. I'll speak during the meditation. There is no competition in visualisation, no competition in sensitivity. I actually speak so it helps your conscious mind to stay focused. In a few days time you'll be more able to interact with the crystals' consciousness and we'll do meditation where I will say nothing. Don't fight to follow me with your consciousness. Take some deep breaths. Allow yourself to breath in Divine Light and Unconditional Love. As you feel them coming into you, when you breathe out, breathe out stresses and strains of life. I would like you to focus your awareness on the crystal you are holding in your hands and just allow the crystal to start interacting with you energetically, may be first through your hands.
I would like you to ask the crystal to start to interact with you through your consciousness. Now ask the crystal to allow you to move into its physical body. You can start to allow your own consciousness to project itself into the body of the crystal. On your behalf I'm going to ask the crystals to start to open to you more and more and more. As the consciousness of the crystals starts opening to you, you are inside and look around and you see the beings living inside the crystals.
Let's ask the crystal to start transferring to our physical body these multi dimensional energy and consciousness. At this time now you may make an affirmation in your meditation: I affirm I am now ready to receive these energies.
At this time just start to feel your cells, your molecular structure, your matrix, and your aura starting to vibrate with this cosmic Divine Light. As you start to vibrate with this energy, just feel this energy again transferring slowly and easily going back to the crystal – a two ways transfer of energy with the crystal. Now let us ask to the crystals to expand this consciousness to all the collective consciousness of the quartz crystals of the planet and ask the collective consciousness of the crystals to interact with us. Let us allow it to flow through our cellular structure clearing and harmonising. Just make the affirmation that you are now ready to let go your self-imposed blockages and limitations.
Allow your attention to turn to the structure of your physical body and look to see if there is any black or grey area, just allow the crystal consciousness carrying the Divine Light and the cosmic love to clean and dissipate those blockages and as they start to dissolve; let us fill the space that is left with cosmic Divine Light and Unconditional Love.

Now I would like you to see, feel; allow; imagine; a very firm; fixed; strong root growing from the base of your spine downwards into the heart crystal of Mother Earth and as this root connects with the heart crystal of Mother Earth, allow the crystalline Divine Light flowing through you to flow through the crystal heart of Mother Earth also. Just see, feel, allow, imagine it transferring this light in the form of a cosmic vibration and see that vibration spreading through the body of Mother Earth.
Now let us allow this energy to go upwards through our higher self to the Central Sun and connect with the I am Presence of Mother/Father Source. At this time, just allow these crystalline energies flowing to us and from us to Mother/Father God and Mother Earth. At this time, just allow your attention, your consciousness, to move into the space around you, around your energy, your close energy body, your etheric body and your aura. See if there is a grey or black spot there. If you can't get your consciousness into this place, in time and space, just ask your I am Presence to work with you and this. Allow that divine crystalline light to activate, activate, activate.
Now, with our breath, let's start to come back in the awareness of our physical body. Take deep breath and start to feel your body, your fingers and your toes. Take time to take ground into your body.

(Importance of drinking water) At least drink in an average European weather, 3 litres a day. When you work with light, vibration, energy, you also release toxins from the cellular structure and you actually need more water otherwise you'll get sick. You can get a fever or you'll sweat, get running nose, a form of cold and cough or you might even get diarrhoea –a mega clearout. That should encourage you to drink more water.

(Sharing after the meditation)

Fluorite helps energies to flow. It's very clearing for the energy field. It has also different colours and all combinations of colours. Colours have an effect on consciousness too. The light green to the dark green affects your heart chakra. The violet affects you higher chakras. I like octagonal fluorites, they are natural formations. It also forms in squares and in so many different ways. The key word for fluorite is the aid of the flow. When we talk about flow and energetic flow it also helps human to go with the flow of the energy of the universe without resisting. You may observe that sometimes humans have a resistance to go with the flow of the universe. You can call this an adversity to change. It amazes me how humans will stay in a self-created hell rather than step into God's created heaven because they don't know what heaven is but they are familiar with their own created hell. I don't believe it!

(Question about axitonal lines)
They are lines that are in the body which are not meridian lines. They are not pathways of the nervous system. They are not of the blood circulation system. They are energetic lines and they are actually running straight down to the body and they connect you with the axitonal lines of Mother Earth. If you think of axes, it aligns you directly with the same lines in Mother Earth so therefore you have a very specific connection. There is quite a lot of information available on that subject. I would say that in many ways all the information associated with that is out of a workshop like this for the simple reason that although we are working in some ways on living and activating these lines we are supposed to do a crystal workshop. It is part of it but you need more information on crystals to talk about those lines. Bringing these axitonal lines there is an alignment and it is actually part of our journey to enlightenment. 99% of humans have seals in their axitonal lines, in the lines running on the left side of the body. These blockages are so powerful into your system that usual ways of clearing blockages actually never work to release these seals. We have them since millions of years. It is a part of the dis-empowerment plan. In some ways, the good news is that I have been given the information on how to clear these codes by using a series of sounds that we call "vecta codes". With these codes we can bring the sequences in our DNA code back to integrity as well because both things are linked to the limitations of consciousness. Over 10 years that I have worked with DNA programming and reprogramming, it's very unusual for people to really understand or to integrate the importance of our DNA coding. If you don't work with your DNA coding you will never reach enlightenment because you can't tune a radio to high frequencies if it's not able to receive them. It is as simple as that.
Now we have these sounds. All sounds contain information. It's like the last CD I made. We coded the music in association with the energies of the 12 chakras. I have seen 3500 people grooving to the music and it's amazing what happened. Each sound has coded information. I projected laser tetrahedrons lights into the auras. Lot of fun!
I realised also a number of years ago that these axitonal lines connect with the lines of Mother Earth but they have also

an aspect, which involve all the galaxitonal lines. You can align with the Central Sun and personally I really feel that it is important now that we do have these clearances of these seals and this activation of those axitonal lines and have alignments with them because we won't reach final levels of consciousness without that.
For the first time in a working situation, a few weeks ago in Paris, I worked with those lines. I had to call a few of my friends at night and said: "I used that in my workshop" and the vibrations of these tones were universal; they went from where we were right out through the universe and my friends said: "Oh! That's what you were doing in Paris, I felt that, when was it?"
We'll do those clearances may be this afternoon.

Question: Crystals change with electromagnetic changes. Is it the same when they are programmed? Do you have to cleanse them the same?
The whole thing here is that when you programme a crystal to be self-cleansing in the deprogramming process, you clear the electrostatic or the electromagnetic out of it anyway. It is all about energies. When you programme the crystals to be self-cleansing they don't suffer from pollution anymore because they just clean themselves continuously. The idea of making your crystal self-cleansing is because if you don't know what's going on with your crystal and you are then in a continuous maintenance programme. The knowledge that crystals gather, all kinds of energy, reflects in the collective consciousness. Have you come across people acting very holy, taking a crystal out of a precious bag and, as soon as you go towards it they freak out? My crystals are self-cleansing and nobody can do something to them. Occasionally they do need to be deprogrammed sometimes. I think that as you progress you deprogram and reprogram them with more expansion.
The mineral kingdom is also evolving, not only human beings. The consciousness of the crystals is evolving too. There is a kind of erroneous belief that only humans are progressing in consciousness. Human ego thinks we are the dominant species on the planet. It is us that are doing everything. It is actually a lot different that you think.
Mother Earth has taken the decision to evolve the consciousness and we, as children of Mother Earth; she takes us with her just like a mother is taking you everywhere when you are a small child. It's exactly the same. What we don't realise is that Mother Earth can evolve without us. We don't need to be around the planet. Species can be destroyed or they can destroy themselves and it will make no difference in the consciousness of Mother Earth. Often times it makes humans feeling a bit shaky when they hear this kind of information because they integrated into their consciousness that they are king of everything but in fact they are king of nothing except of their own consciousness and physical body. Other species leave the planet and everything carries on as normal but humans, dwelling in their ego, think that birds, insects, other animals can be destroyed through their actions but they don't understand that they can destroy themselves through their actions and in fact a lot of humans don't like to hear this. In fact humans are very closed to do that now on the planet. It's like that.
Of course people say: "Oh no, God will not allow that!" But planet Earth is a free will zone so God will let you do anything you want with no judgement. We can always design another species of human to populate the planet so there is no problem. In fact we have done that a number of times before humans had more or less destroyed their environment and almost destroyed Mother Earth as well. "OK, no human left so we have to make different ones" It is as simple as that but you see people feel freaky about it because they identify themselves with their bodies. When you want to zip through the 3D you use your body. That doesn't mean that your physical body doesn't matter because it is the temple of Mother/Father God on Mother Earth. It is the temple of your own self, of your I am Presence but your physical body is not you. Your I am Presence is you. Your physical body is an aspect of you. You are integrated into this physical body in this dimensional reality.
If you knew the planetary history, it is rather confusing in many ways because people have chosen confusion by giving us kinds of truths like in the Old Testament or the Bible or the Vedas where they gave truth and fiction mixed to confuse us.
In the history of the planet we have this physical body that we are using and it is known as the 5th root race. We are actually the 5th version, the 5th model of humanoid physical bodies. In this adventure into duality, and before the 1st root race type, there were other types of humans living on the planet. Scientists will not say anything about that because they don't know.
The 6th root race has started to be produced. These beings, if you look around, some of them have been around for about 20 years. They have different bodies, different consciousness, different DNA coding, different RNA. We are actually evolving a new species of humans. There have been times in the past on the planet that, through the actions of the beings on the planet, have also struggle for power, trying to control the planet. I can remember once when there were less than 500 humans left on the whole planet. At that time we had to make a decision.

Your true self is your I am Presence. Your higher self is eternal, omnipresent, omnipotent, have the potential of everything. Your I am Presence was always, is always and always will be. You have to start to understand that your dimensional reality is important. You are here on Earth because your I am Presence decided to have an experience here. You are not on Earth because God sent you because you were a bad person.
Because of the way people have chosen to interact with the created illusion of the third dimension they think that this is all there is and they may have some concept of the multidimensional realities but they still think that the human body is totally what they are.
Just integrate the fact that you live to die and die to live and planet Earth is an exciting place to live. People actually are dying to get here, literally. The grids that many use to incarnate here on planet Earth are full of I am Presences in a hurry to come here in this rapid forward movement towards consciousness.
People look for this ascension and this enlightenment and this pushing in genetic codes and DNA says it is possible. It is possible but you have to be on the planet first. That's why you are here. That's why you can't force your ascension process. The only time when you can ascend is when you have been on the planet. It's essential to learn to be here now. That's why so-called spirituality is not about control and repression. Spirituality is about integrating your self on this planet and integrating yourself with everything here. It is not repression. It is not punishing you, limiting yourself for so-called spirituality is control.

Here is record keeper crystal. On this face, in a corner, is a triangle, a pyramid shape. Often time it is not obvious.
Question: Can you channel your I am Presence with a channeller crystal?
Answer: Of course, most people have the idea that channelling some kinds of angels or multidimensional masters is the greatest thing you can do but in fact the greatest thing you can do is to channel your I am Presence. The idea that somebody knows better than you make that you are looking outside of your consciousness again. It is called lack of self worth. It is going back to that belief or lack of knowledge. Again, you are Mother/Father God; everything you need is inside you.
Because everything is linked in creation, I can check this bottle of water and from it I can channel the same information as I can from any of the Ascended Masters, from my I am Presence, from Yahve because nothing is separated in creation.
Before I was thinking that only quartz could be record keepers but in fact I found that any kind of mineral can be a record keeper: fluorites, rubis, emeralds, etc.
This is Fushite. This one is unusual. It is rare to find a so crystallised fushite. Generally it is very flaky.
Talking about channelling stones, fushite is also a great stone for channelling. Its energy really helps to trigger the process. It is another stone that you can use. All it does really is to activate your antakarana.

Question: What about stones found on a war ground. Is there a memory attached to them?
Answer: Another thing I do in my life is to work for the planet. I've been doing it for about 30 years. The answer here is: Yes. Everything, remember, is crystalline whether it is dirt, stone, dust, whatever is crystalline and we know by now, I hope, that crystals and anything crystalline can hold information and programme. In fact, places do hold the energy of everything that happens there. It is possible to reprogram and to clear it.
Another consideration here: I didn't think about until 4 or 5 years ago when we went to Sarajevo, that when blood is spilled on the Earth it brings the energy of fear, confusion, all those emotions that human beings go through in a time of war. That blood holds that programming. Anything happening on the planet, the programme is still into the Earth until we change the programme in those places. It is making difficult for the human race to get out of this war mentality.
When I'm working on the Earth and places like this I re-programme the spilled blood back into the spiritual light. You can use crystal layers to do this. You don't need crystals layers to do it but it is a good way to do it for people who are not completely sure of them. I have probably laid around the world hundred of crystal mandalas. I've spent a large amount of my earnings on those kinds of projects. It is not everybody's service to the planet to be here and there building crystal mandalas in mountains, obscure places, and deserts. A lot of people don't want those kinds of adventures.

Question: Do you have to be on the spot or can you clean the place remotely?

Answer: You can do it remotely but I feel that there is nothing better than to be on the spot because you are a grounder of energies through your energetic system and your presence makes the difference.

One day Merlin came and said: “I have another way of doing this, it is simpler. In fact, when you do those mandalas you don’t need to take your crystals with you.” He said: “You know everything about energies and creation, don’t you?” “Yes, maybe” “So, OK, you just create the crystals. The great thing about this is that you can create them as big as you want. Then, you can programme them and the mandala is done” “Why didn’t you tell me this years ago, Merlin? I would have saved myself a forture in crystals!” “Well, I was wondering how you’ll work it out by yourself. I didn’t want to disempower you!” That’s what I usually do now when we go in some places. It is cheaper. It is so easy to create crystals. It is a matter of intention. If I create you can create. You can create stars mandalas this way very easily.

I’m sure you have heard of what people call Merkhaba. If you haven’t, it is very simple. A lot of people actually think that Merkhaba is a shape but in fact it is an energy and a consciousness. You have geometric shapes around your body and your energy fields, just the same as every living thing, even the planets, the universe, the galaxy. Those geometric shapes are not the same for everybody and that is why the Merkhaba meditations are not constructive for all beings because they are attempting you to work with things that you don’t have.
When you start to ground energies of particular frequencies or higher vibration energies, some of these energies are coming into you through your higher chakra system straight down to the tube in the middle of your body and it does things to your base chakra, to this energy that we know as kundalini. The energy starts to rise bringing with it this higher vibration. It is flowing out into your etheric matrix and your etheric body and it is activating the geometric shapes. No matter what kind of geometric shapes but there is a rotation in them. That rotation is affecting your body. If you take this rotation to the fastest speed in the 3D, beyond the speed of physical light, you are disappearing from this reality. In that case, have the focus on the place you want to go. This is just a part of the mastery and everybody has the potential but people need to train their conscious mind to go beyond the fear. Ascended Masters are beings who have mastered multidimensional reality, they just realised their own mastery but they lost their mastery on the 3D. We are not supposed to loose it.

We’ll work briefly with some sounds and DNA. These sounds remove seals and blocking sequences codes from your DNA.
Now you close your eyes and take some deep breaths. Just see or feel yourself as a double terminated crystal. The top point of the crystal is hand length above your head and the bottom will be hand length below your feet. We’ll do a very simple visualisation. Just see if you can your DNA spirals rising up to Mother/Father God and down into the heart of Mother Earth. I’m calling my cosmic reprogramming team and I ask my team to work with each individual, with each and every one of you to start to just remove some of these blocking series of sequences in the codes. I ask for that now.
You don’t have to do anything, relax completely.
I’m going to chant the names of these sacred languages as we activate the codes.
Hebrew Egyptian Chinese Sanskrit Tibetan
This brings the cosmic codes in accordance with the divine will into your crystalline light.
Now we are all going to chant some sounds. I will chant the sounds first and then you all chant the sounds afterwards, not from your throat but right from your diaphragm.
Kee Sha Ra Mo A Va Ah Sha Shar Daza Shee Ma
Axitonal alignement. Galaxitonal alignement. We bring that to you.
With your breaths, come back to the awareness of your body.

About very basic crystal mandalas.
When you are working in healing with a person you could use etheric crystals but for me, working in the energetic field of a person, it is better to have the presence of physical crystals.
The most basic of the crystal mandalas for healing is in a shape of a six pointed star, two triangles together, sometimes known as the star of David.
The Star of David has nothing to do with the Jewish people. In this age Jewish people have taken the symbol but the

symbol has been around for millions of years. The six-pointed star is a two-dimension representation of a Merkhaba star and this star is formed by the interlocking of two three-sided pyramids. When you activate a six-pointed star mandala what happens is that it opens a pillar of light between the Earth and the Source. If you are clairvoyant, when you activate a six pointed star you can see in the next dimension reality the Merkhaba star form going all through the twelve dimensions and beyond to connect with the Source.
The six pointed star crystal mandala is very useful for balancing the energies through the body. You need six crystals, quartz with one point, kind of near enough same size. You lay out your all previously programmed crystals. You need to join up your crystals somehow. At one time we used copper wire but as we go along we learn more and now we know that all we need is intention. You can use your finger and you join each point of one triangle and then each point of the other triangle.
The crystals are facing inwards when you start. Then you use the command “activate” or “on”. Then it is a question of let go and let God.
After fifteen minutes turn the crystals pointing them outwards and activate again. Leave them fifteen minutes. The crystals are taking the energy from their basis. They are now drawing energy out of the aura, out of the etheric matrix. If you are in a mandala you feel the pulling out of your energy. Your energy is now depleted.
Inwards first: it is energising, it loosens things.
Outwards: crystals are taking any discordant energy, any unbalanced energy. They are transmuting them, sending them out.
After fifteen minutes, turn the crystals again inwardly. Activate the mandala. You may have the intent of joining up all the crystals again. It is like the first step except that you have removed all the discordant energies from the aura, from the chakras, from the etheric matrix and now you are recharging.
You can do other things in using this set up. As an added thing, you can also put a polished crystal on the third eye or on the throat or on the seven chakras. Then you activate them. The energy starts to come up again. You can also add crystals down along the body, facing inwards. You can start with a basic mandala to a mandala working stronger on the activation of the chakras. You can use double pointed crystals on the chakras so they take the energy from both sides.
If you have a person not used to work with frequencies and energies, don’t put crystals around the head for too long or on the chakras because he or she can feel a bit disorientated or have a headache. Doing so (mandalas), you are helping in expanding the person’s consciousness. Unless you are well tuned with your guidance or you can see the energies, be a little bit careful with it.
Do little rather than more until you get used to it.
Facilitating a person's wholeness is facilitating his or her expansion of consciousness. With this kind of set up you can also put your hands on the person. It is very beneficial during the energising stage.
To further amplify the energies in this situation, get yourself a sports band around your wrists and put a crystal in the middle of your wrists, pointing down. This is amplifying the healing energies coming through the meridians.
You can also put a crystal in each hand of the person, pointing up and when you turn the crystals you turn them also so they are pointing down. This is a very basic healing mandala but actually very strong.
Be careful with the energies. Don’t overdrive the person. You are responsible. You may not feel the energies yourself but this is not that things are not working.

We started this morning with some chanting. These are sounds that come from Atlantis. The sounds are in the book. A lot of people are not opened to making sounds. They think they look silly but in fact sound is the essence of creation. When you chant like we did yesterday the names of Krishna, you bring the energies of those aspects of Mother/Father God. In fact you can say that mantras are activations of healing. We’ll do this in a traditional way. These are Atlantis healing chants that are incarnated from Atlantis and they are very useful in today’s world also.

You feel the energies when you chant those chants going all through your body.
Answering a question: You used bells and crystal bowls at the Atlantis times. I can often hear the tones of the bowls when chanting them.

Answering a question: If you change the tones you will probably use a different tone to make it more suitable to you or to the person you are working with. Tone is also important in your lives. We have all the music scale but the trigger

code is in the sound rather than in the tone. By adjusting the tones as we said earlier it would be adjusted to yourself, the person or the group you are working with. Follow your guidance.
I work with tones occasionally. If I'm working with Wyamus for example I chant with a deep voice. I have a specific tone for breaking down crystallisation in the true heart chakra and it is really a high tone for me. Also, when you are making tones we have got all the upstairs department that can help you in your tuning. One of them is a being when he told me what his name was I thought it was a joke: Galltone. You can call on help for those two when you are toning..

Answering a question about the sound 18: We do have a process that we can use to enhance abilities in healing, in channelling, in connection. It is a system of implantation of etheric crystals in the palms, in the feet, in the 3rd eye, in chakras. It is very important to understand these words. We implant the crystals in accordance with the Divine Will and the Will of the I am Presence of the person or the people and as well as that programme these crystals will dissolve or they will transmute into pure divine light and unconditional love when no longer they serve the purpose.

We will do this crystal process with the body. In my experience of it, it is amplifying healing energies, bringing down the high vibrations energies. You have this process in your books. It is very important if you are going to share this process with anybody else to make it in accordance with the Divine Will and in accordance with the higher self or the I am Presence of the other person. Another thing you should do is to programme the crystals to dissolve themselves when they no longer serve you for the highest good.
If you incarnate on this planet again, if you quit your body before the ascension process takes place and you come back again, you bring back the crystals with your body and maybe this kind of energy is not needed. If it is not needed you maintain yourself back instead of bringing yourself forward.
I have also seen people, in my work as a healing facilitator, with crystals in different parts of their body. When I first saw that I thought: "I wonder why they have those crystals". They had actually been implanted in different incarnations and there never had been a programme in them that they should automatically dissolve when time comes when they are not needed.
Would you like to do this process?
I'm going to lead you through it.
Close your eyes and take some deep breathes.

First of all visualise two crystals of emerald green colour. These crystals are cut in the traditional shape, rectangular shape. Each crystal is going into the palm of each of your hands. These crystals function to amplify healing energies as they flow through your hands. We bring these emerald green crystals into your hands now.
Now we bring two single terminated crystals of pale rose colour and we install them in the bow of each of your feet. The termination or the points are facing towards your head. These crystals are completing a circuitry. Now we bring these crystals into your feet.
One single terminated crystal, which is amber in colour, is now generated. We install this crystal in your navel. The termination of the crystal projects out of the body and we install this crystal now.
A single terminated crystal of cobalt blue in colour is now generated. This crystal is installed in your throat chakra. The termination of the crystal points towards the top of your head. This crystal will give you additional strain your speech and to face your truth. As individuals you will find yourself facing your truth without thinking of being a victim or making compromises that you don't want to make.
A three-sided pyramid crystal, pale violet in colour, is now being generated. This is installed into the crown chakra, the point projecting out of the top of the head. This is the upper anchor of the circuitry and we install this crystal now. For those wishing to achieve a communication with higher dimensional realities you can mentally activate this crystal to amplify your channelling abilities.
Now we generate another three three-sided pyramids of clear crystal. We install these crystals, one in your third eye and one in each of your physical eyes. The points of the pyramids are facing out of the eyes. This is a trinity of energy, which unites the aspects of the vision and helps the person to see in total truth. It helps you to see things using universal truth instead of reacting emotionally. This awareness assists us in life so we don't make errors of judgement relating to others and ourselves. We install these crystals now.
Now we generate a multi-facetted clear crystal. This crystal is installed in the true heart chakra, at the thymus gland. This crystal is also programmed to spin slowly and this multi-facetted crystal will reflect every colour of the universe throughout your body. We install this crystal now.

All these crystals are installed in accordance with the Will of you I am Presence and the Divine Will.
I affirm, I, Hari Babba, Yeovah, Sandiel, affirm that when these crystals no longer serve you for good they will dissolve back in the energy of the universe.
All these crystals will do nothing but working in accordance with the Divine Will and the Will of your I am Presence.
These crystals cannot be used for anything else except for their intended uses. No other energy or being in creation can change the uses of these crystals except your own Divine I am Presence and so it is throughout eternity.
Now, at this moment, I start to bring the energy of activation of the crystals.
I bring the energy of the Divine Light, Unconditional Love and Cosmic Truth. You may now, each and every one of you, make an affirmation: I now activate my crystals in accordance with the Will of my I am Presence and the Divine Source of all things. I am that I am.
Just feel the energies in the crystals. May be now the energies start to gather in your hands, some kind of sensations in the palms of your hands.
At this time I will ask to your I am Presence whether it is appropriate for you to have the energy activated in your fingers so the energy will go through your fingers like lasers. We activate those channels of energy for you now.
We activate the crystals in the bows of your feet, the rosy crystals.
We activate the crystal in your navel. The one in your heart starts to spin now, bringing all the colours of God's love, of the Divine Light. We activate the throat crystal, the eyes crystals. We do that now. We activate the crystal in the throat chakra. We do that now.
This crystal grid within you, keep on activating it, as a natural process but you can also speed the activation of those crystals in accordance with your I am Presence. Just affirm that the activation process is getting faster and faster. We ask you not to go too fast because it may cause some degree of disorientation.
In all these crystals we installed the divine codes, which bring your DNA sequences back into integrity and clear all the blockages. We also code them with the vecta codes to clear the seals on your bodies. We do this now.
You can start bringing yourself back in the awareness of your physical body.

Merlin wants to give you a small talk.
Good afternoon, I am Merlin. I have, of course, observed over the previous days that many of you have made some big changes, some big steps forward in your consciousness, that you have had much fun and much adventure with the crystals. Many of you know that Merlin is a magician and many of you wonder what being a magician really is. Magic is magic, no matter what other label you try to place upon it. You could call it New Age philosophy, you could call it crystal technology, the science of meditation or healing but the basis of all these things is magic. Magic is not when you go around with a wand and going "puff" "puff" "puff" and expecting sparks and clouds of smoke to appear. Magic is about allowing the energy of god and goddess to manifest through you and understanding that this energy of god and goddess is the source of all things, is all-powerful.
This one has spoken to you on a number of occasions about doubt and there is only doubt that prevents you from standing in your full power. Now, when you think of the glory or the greatness of the Mother/Father Source and when you think of the smallness of this energy that you know as doubt, what does it bring to your mind? It, of course, in human beings, brings many things to the mind. First of all let me tell you what doubt is. It is an energy that is based on fear. Many will try to tell you that fear is the opposite of love but fear is not the opposite of love. Mother/Father Source is love and fear is an illusion generated by the conscious mind. It's true, the interaction with the illusion make you feel that you are separated from Mother/Father Source. It is a product of the illusion that you are nothing and you are completely on your own. My advice to you on how to deal with this illusion is: love yourself unconditionally. Loving yourself unconditionally means no judgement. Judgement is the result of the illusion of separation. Understand that you are the perfection of Mother/Father God now. All these energies of doubt and fear, I remind you again, are a product of your conscious mind and your ego in association with the illusion.
Magic is being yourself, being that individual spark of god and goddess and understanding that none of you, as human beings, are the same. You are individuals and therefore your magical path, as an individual, is different from the person sat next to you. Many of you have interacted with the illusion of separateness for many lives and every life, when you come back to this Earth; you again bring the illusion of separateness with you.
Many would ask how to stand in one's own power. It is very easy. With the knowledge that you are the perfection of god and goddess, you should be without problem associated with your self-realisation. The only problem that you can generate is by going into the energy of denial, the denial of your greatness, your power, your glory, your love and your beauty.

Sounds familiar to anybody?
Of course, I do not judge you for your interactions with the illusion of separateness; I am here merely to remind you your oneness.
You have been taught or many things have been shared with you about how to work with the consciousness of these living beings you know as quartz crystals and be sure, to use the words of Sananda, these crystals are the promise of Mother Earth and Mother/Father God of the love that is yours, for the receiving. Notice here that I didn't say yours for the taking! Open yourselves to the magic of this love for unconditional love transmutes everything. Open yourselves to the love that the consciousness of these crystals brings you. Where or how do you think these crystals get their love to pass on to you? From the same place as it is available to you: from Mother/Father God.
Of course, questions have been asked why use crystals? It is an easy answer. Some people do not feel at this moment capable of just opening and receiving. The crystals can work with you as your friends and they, as friends, can show you this love. Many wonder, deep in their hearts, what this term "love" really means. The love of which we speak is not the emotional love that most humans upon the Earth experience at some time or another. It is a state of being and this state of being is being in wholeness. Wholeness is love.
When you use your crystal technologies and your crystal friends to facilitate healing for to people, that is what you are doing: you are bringing them into wholeness, the wholeness of love for themselves.
I have to remind you that this is also illusion to believe that you can love others if you don't love yourself. Many will speak about the ancient alchemists; the quest for the formulae to transmute led of other base metal into sparkling gold. This quest, of course, was not transmutation of this metal into gold. Through interaction with the illusion the alchemists thought this is possible. They also thought through their greed into the third dimension that they will become very rich but in fact – there is some strange sounds here- the truth about alchemy is that it is a quest for transmuting based consciousness into the consciousness of Mother/Father God and the achievement of this is magic. It brings about the realisation of your true self and what you are and with this realisation and this love you can create anything. Consciously create!
Consciously you have already created your situations. Have you notice how powerful your creations are? You are living within your creations. If you consciously create, imagine how much more powerful your creations could be! The magic of life! The magic of your life is being the creator of your situations! The creator of your abundance!
- We have very busy people around us -
For a moment I thought I would create some magic and make them think about something else. Their consciousness and their I am Presence are telling me that they need to keep focus on the task. So, we will allow them the pleasure of their own magic. Just the same as we allow you the pleasure of may be even the displeasure of your own creations.
It is very true and very obvious that the energies upon planet Earth continuously transmute and change and as these energies transmute and change, humans also transmute and change. They are entering a period of planetary history that is moving faster and faster. To go through these changes you need to be aware of your potential of creation and through allowing this magic to flow through your life streams smoothly makes this transition. Remember not only are you alchemists, you are also chameleons. It is possible for you to adapt to any energetic situation. Again I say to you do not judge yourself, allow yourself to go forward with joy and happiness in your hearts and minds. In other words, be compassionate to yourself until the transformation to love takes place. Very easy! There is nothing difficult about any of this. The only difficulty that you can experience is your insistence to interact with the illusion of fear.
That is the end of this brief lesson to you on alchemy. I would ask you now if there is any question. I will take one or two questions. Nobody wants to speak with Merlin?

Question: Before coming to planet Earth we have a plan but if we don't fulfil the plan what's happening, there is no judgement?
Answer: You have the choice, whether you fulfil your mission or not. There is no judgement in fulfilment or non-fulfilment. Remember, you were told by this channel which I am using the story of the changes of plan. Remember that a few days ago or maybe even yesterday the channel told you the story of Krishnamurti. You can fulfil your mission or not. There is no judgement. Of course, you may choose to judge yourself and there is nothing that we can do about that except to inform you that it is counter-productive. You will find that in most circumstances fulfilling your mission is something to be enjoyed. Often your missions or your life plans seem difficult because of your potentials to disempower yourself. Remember, I have spoken to you about creation and if you wish to fulfil your life's mission the affirmation is: "I will!"
When you say: "I" "will". You create!
The word "will" means that you will it. So, feel free, fulfil your mission or do not fulfil your mission but do not punish

yourself if you do not achieve it. This is one of the reasons why the doctrine of reincarnation was taken from the text of the Christian scriptures. It is not a fanciful theory; it is historically traceable in the story of your Earth. It was done because the Church controllers thought that you were enjoying yourselves too much. One part of your consciousness was thinking: “I can always reincarnate and work again some other time” So the thought that they could keep you more controlled by telling you have only one life and keep your submission to their will.
Feel free! It is the magic of life. This planet Earth is the planet of free will. You can step into your power now or later. No judgement! It is very simple.

Another question?

Question: Is it possible to leave your body and then come back in another body keeping your memory intact?
Answer: Many ones suffer from amnesia as they grow; from being small children and their bodies grow and the conditioning is very powerful around them. You have all achieved enlightenment and ascension in oneness in other lives and there is a tendency to become so conditioned that you forget everything. Many, when they come through the reincarnation grids, they forget to remind themselves that they will not forget. Many are not sensible enough to choose their incarnation or situations, their countries, their regions, their towns, villages and parents. Remember, you have free will, you can look forward to a set of potentials or you can think: “well, I’ll take a body and do the job” But I would ask you now if you have ever noticed that many of the children that have been coming in the last thirty years or so know their purpose, they know what they are supposed to be doing, they know what their plan is. The other ones that are brought with them remind their notes. If you want to know what is your mission upon this planet now, it is the easiest thing in the world to find out. Ask your glorious I am Presence because your I am Presence is the creator of your soul. Remember the Christian one of god and heaven, God being your I am Presence, not God the creator of your bodies or Mother/Father God the creator of all things. Your I am Presence doesn’t suffer from amnesia. It is your I am Presence that is attempting to communicate with you 24 hours a day, 365 days a year. Again, it is the identification with the ego that makes you believe that you are separate. So, if you forget, ask your I am Presence what the plan is and it will be shared with you. Of course, you can make many excuses of self-disempowerment not to do this. Again, you have free will.
When we speak about disease many people don’t understand why they suffer from disease. What do you think happens when a person manifests a phase of disease? Do you think it is some kind of accident or you are a victim of something? Remember, your I am Presence is the reason why you are here and if your I am Presence wants to withdraw from this dimensional reality then it needs to destroy the body. That’s why one day you can work a miracle – a supposed miracle- and another day you can do nothing with the situation with another person.
When you incarnate, your number of breathes and the number of beats of your heart are already predestined. Of course, it is possible, in association with your I am Presence, for this to change. Your I am Presence may decide that the project is going very well and decide to extend the life of the body. The I am Presence may decide that the ego and the consciousness of the body are so ingrained in the third dimensional illusion of separation that it withdraws early and destroys the body. People ask when a small child dies why does God allow this. It has nothing to do with Mother/Father God whether a child lives or dies. Of course that is a very broad statement because Mother/Father God has love but Mother/Father God has no interest in whether energies are in a third dimensional body or in a different dimensional reality. Some beings choose just to be carried within the womb of the mother and experience birth and leave this dimensional reality, that’s their life project. Others choose to be inside the mother for a period of time and then leave the womb through natural or induced circumstances. It is a very controversial subject, this subject of abortion. Believe me, no one child is aborted that does not wish it. It is the freedom and the free will. It is the choice of the being. You see there is much more to life that many would understand.
You must have heard the New Age phrase: “This is your wake-up call”. Ask your I am Presence: “Is it time for me to wake-up? What year, what day, month or hour is my wake-up set for and I am listening for the tone”. Is this a satisfactory answer to you?

Would anymore would talk with Merlin or do you think he is too holly and magical?

Before anybody else would like to speak I would like to ask you, all of you, a general question. I would give you an opportunity for you to ask me questions; you are not taking it so now I question each and every one of you. Who do you think or who do you believe that the Ascended Ones are?
The answer to the question I will give you: they are you, each and every one of you. Who are the Masters of creation?

You, each and every one of you. Not only the beings in this room but all the beings on Earth, whether they know it through their ego and their conscious mind or not. This should make you understand that you are our equals. In fact we are sisters and brothers in creation. The only difference to this is that you have taken on projects in association with the Mother Earth, the goddess Gaïa and you have chosen to put yourself in a situation where it is possible for you to forget that you are a master of creation that you are a master of your universe. You are a master of your world and now is the time to remember. We don't support you in love for the reason that we think that you are inferior to us. We support you in love because you are our equals.
Allow the magic into your hearts and lives. Wake-up and realise the glory that is yourselves. Promise yourselves through your hearts, through your minds and through your souls that today will be the day that you will live in magic forever more. Remember the dream of many humans that is creating heaven upon the Earth. You should, by now, realise how strong you creation abilities are because you have only to look around you and see what humans have already created upon this Earth. If you could manifest outwardly from yourselves oppression and suppression and lack, well then, you can easily create harmony and peace in heavenly way. It even takes less money to create heaven than oppress, suppress and kill. It is much cheaper to give people food and spiritual education than it is to kill them. Hold the vision of equality because it is through vision and dream that we create. People complain about the state of the world in third dimensional reality. They complain about the war and the strife. It is a reflection of all is going on in the hearts of many humans - as above, so below.

So, magicians in love, I will leave you with my love and my support and my encouragement. I remind you again, every one of you, this is marvellous this Mother/Father God. In that marvel and magic I leave you and the divine within my consciousness sees, salutes and recognises the divine within your consciousness.
NAMASTE.

Don't forget life is not a dress rehearsal.
LOVE is the answer to fear.
Don't give your power away to anything or anybody.
Check out our website www.mahatma.co.uk

Today is quite an important day and so is tomorrow. And when I say an important day a lot of people don't, ummm, a lot of people here probably don't remember the Harmonic Convergence in 1987. That was something that happened. People took part in it all over the world. It was very interesting at the time because most people didn't know what it was all about, but people gathered all over the place, in halls, in homes, in holy places. I remember I was in Glastonbury, up on Glastonbury Tor, and we were like penguins on an ice floe up on top of the Tor there were so many people, and I kept saying to people, "What's happening?" And people were saying, "Hey, it's Harmonic Convergence man." And when I said "What's that?", people said "Oh, I don't know man, something about harmonics converging, you know." And most people really just gave you that answer. Not many people knew what was happening. But in fact what was happening; this being that we know as Sanat Kumara was integrating his energy body, or his etheric body or his light body, with our planet, and Sanat Kumara, this being, is known as our planetary Logos. All planets have an energy which is known as the Logos, all universes, all galaxies. But anyway, Sanat Kumara is the the energy associated with planet Earth. It's very interesting, these Kumaras are actually traceable through history. In Hinduism there's a great philosophical work known as the Mahabarat and it's got numerous volumes, about a hundred volumes or so, I'm not sure I can't remember, but in there it talks about the Kumaras being the original sons of Brahma. In Hinduism Brahma is the Creator. It might interest you to know that Jesus, or this being that many people know as Jesus - he got that name in that part of his career known as his Palestinian ministry - some people seized on it and built up a whole control system around it, and of course that is Catholocism and the Church of England but we won't into that. And Sananda - this being Jesus, his real name is Sananda - we work with him quite a lot, but anyway we're diversifying.

The Harmonic Convergence went on in 1987. Also what happened at that time was, through this energy vortex, we actually brought new energy to this planet, an energy which we'd never worked with since Atlantean times. In Atlantean times we'd managed to bring this energy to planet Earth and the people of the planet, but the emotional bodies of the humans weren't actually developed enough to be able to really move into the focus of total unconditional

love so we had to withdraw the energy. It had actually been withdrawn then from planet Earth until 1987. So then, in 1987, a vortex was created through the Harmonic Convergence at the same time as Sanat Kumara was doing his part of it. And this energy, we really didn't have a name for it at the time because we really didn't know if we'd be able to get it here and anchor it through this Harmonic Convergence. So after a lot of deliberation by these beings known as the Galactic and Ascended Masters, and we'll tell you a little bit about them in a minute, after a lot of deliberation between those guys and girls and the other people that were involved on planet Earth, we decided that we'd call this energy Mahatma. And I'm sure that most of you have heard this word Mahatma - you know, Mahatma Ghandi - and it's very commonly used in India. It means grace. So we decided to call this energy Mahatma because it's a very easy word to remember.

The science of working with energy is that the name is no different from the energy, which is why people chant mantras and that's why people chant prayers. They do it in Hinduism and in Christianity and all the rest of it, so actually when you chant on your rosary Mercy Mary, the energy of Mary is with you, and when you chant Hare Krishna, the energy of Krishna is with you, and when you chant Om Nama Shiva, the energy of Shiva is with you. And if you're doing healing work and you say sulphur 200c, well that's what you get in the energy. So you can see, the science of the word is no different from the energy. This is the theory behind it.

So we decided that this energy would be called Mahatma, as I said the reason being that it's a very easy word to say and it's a very easy word to remember. So the whole thing is to uncomplicated things. There've been many many complicated things put out in conjunction with so-called spiritual life, and this thing we call en-lightenment, en-hyphen-lightenment, and it's caused a lot of confusion. But in fact the Mahatma energy is a very beautiful energy and the reason for that is that everybody knows there is a Creator Source. Some people just call Mother/ Father God, God, or they call God Krishna, or they call God Buddha or whatever, and that energy has always been present because that is the creative energy. But this Mahatma energy is the personal energy of the aspect of Mother/Father God which we call the I AM presence. All beings present also have an I AM presence, by the way. The I AM presence is often confused with the higher self, the overself or the oversoul or whatever but we're not going to go into that either right now. So this energy of the I AM presence of Mother/Father God is just pure unconditional love. And this energy, like all energy, has colour with it and the easiest way to perceive this energy is gold/silver with a hint of violet in it.

Well, today was the start of the 10th anniversary of the Harmonic Convergence, and people have been, since twelve o'clock midday in the United Kingdom or twelve o'clock midday wherever you are on the planet, groups of people have been gathering together and they've been meditating and they've been grounding energy. And on top of that there's also been the world-wide grounding of the Mahatma energy, and that's the first time it's ever happened on this planet in such a big way. Now when you ground Mahatma energy in a group, what we have is a multiplication by ten. Don't ask me how it works but this is the information that I get from the upstairs department. I know once, two years ago, when I worked with fifty people on the island of Jersey in a dolmen, that there was very definitely to me the energy of five hundred people. It was incredible. Afterwards people gave me feedback from all around the world that they felt it coming through the gridwork. Of course, we were working on a dolmen which is a very powerful energy line. So today we've actually had millions of people grounding the Mahatma energy, and I don't know what other people have actually felt today in themselves, but I know what I've been feeling is just this real big wave of unconditional love, and this real big wave of nice, what could you say, nice sort of chilling, laid back energy.

So we've told you a bit about the Mahatma. And also as well another thing to know about the Mahatma energy is that it's never ever been misused in any way, shape or form. All the other energies we have to work with on planet Earth have at some time or another been used to control people or to hold them in fear or to disempower them or whatever, all kinds of things like that. So most people, or a lot of people, have blocks in their cellular memory against energies and they can't work with it. But the Mahatma energy has never been subjected to that so people don't have a block against it either and that's what makes it so easy to work with. Well, what we're going to do to start off with before we start working with Sam and George, we're going to give you an experience of the Mahatma energy. We've said that it's very easy to work with but we're going to, instead of just doing a five minute meditation and affirm that we'll allow the Mahatma energy to flow through our hearts, what! we' ll do is a whole meditation. We're going to work with our twelve chakra system. Most people don't understand or don't realise, a lot of people still think that we're only working with seven chakras or seven energy centres in our bodies. Other people have discovered we're working with twelve. Other people have discovered we're working with fifty, but what we really know now is that we're working with at

least three hundred and fifty two chakras in various aspects of multidimensional time and space. But during this meditation we're going to work with our twelve chakras and this meditation will either make you stay until morning or you'll just disappear very shortly after we start. So it will be interesting to see what happens.

Well, what we're going to do when we do this meditation, we're also going to make sounds, and what we want you to do is, we want everybody to make sounds. When we make sounds through this one, we want you to make sounds, and we want you to make sounds of your own. We don't want you to make sounds in exactly the same tone as we're going to make through this channel. What we would like you to do is just go for your own note. Everybody has a vibration which will activate them and the idea of this meditation is to integrate the Mahatma energy into all the chakras and clean out all the rubbish and accumulated debris of centuries on planet Earth, and also as well to open up or activate this gland which is here in the chest called the thymus gland. Now the thymus gland is actually the true heart chakra in human beings. It's part of the misinformation campaign that the heart chakra is where the physical heart is. In most people, when you get to about twenty five, this thymus gland starts to close down and when it starts to close down it starts to produce, you could say very simply, death hormones instead of life hormones. So also you start to lose the capability to be spontaneous and you start to lose the capability to integrate unconditional love because you don't have the equipment to integrate it through. Unconditional love is integrated through the thymus gland.

So what we're going to do is, we're going to do some work on activating the thymus gland and we're really going to integrate some of this unconditional love. And what we're going to really try and get you to do is to integrate this unconditional love for yourself. You know, there's a lot of things talked about love and a lot of theories put forward about love, but it is impossible to love anybody unless you love yourself unconditionally first. A lot of people say "Oh, I know how to love other people but I don't know how to love myself", and the reply to that is, if you think you know how to love other people and you don't love yourself unconditionally, you're just involved in an illusion. Most people tend to mistake dependency for love. People get into co-dependent relationships and think they're in love, but the relationship is nothing to do with love. You see, there're only two energies at work in creation - one is love, one is fear. They're the only two that are here working with us. Unfortunately most people have integrated the fear energy into their lives. That fear energy manifests in all kinds of ways, like dislike of the self, guilt, criticism of others, criticism of self, anger, jealousy and all these other things. All these things are just based on fear, that's all. If you are integrated in love you wouldn't experience fear because you would know you're invincible through your love. If you integrated love you wouldn't be afraid of being abducted by extraterrestrial or whatever. You wouldn't be afraid of being possessed by this hypothetical being known as the devil which has been promoted through Christianity to control people. So the whole idea of this whole thing is to integrate love, and that's our job now. People talk about the millenium and all the rest of it and beyond, and people say what about 2012 and everything else. I don't make many predictions and prophesies as they're not really relevant the second after you've said them, but I'll tell you in 2030 and 2035 that there'll be a lot of things happening here on this planet, a lot of changes, and there's going to be a lot of love for those people who have already integrated it.

So what we're going to do is we're going to do this Mahatma meditation. So to start off with what we really want you to do is - do you remember Tarzan? [thumps chest] - I'd like you all to give it a bit of a go in here, just tap your thymus glands, give it a bit of a rub, and get this energy moving along a little bit. And also at the same time you're doing it, take some nice deep breaths. Most people don't actually understand what a deep breath is and they go "heuugh" and that's a deep breath. Well, what I want you to do is to breathe in until your lungs are full and then we want you to stick your stomachs right out and breathe in some more so your lungs are really full.

And as well, when you breathe out we want you to breathe everything out and lift up your diaphragm and really breathe everything out. And visualise as you're breathing out all your fear and your uncertainty and the confusion, just the stresses and strains of life. And now as you breathe in we'd like you just to also focus as well on the top of your head - you can see I've been over driving mine a bit, there's not much hair left - what you do is just focus here on the top of your head and as you breathe in just feel that opening up. And also, as well, you can tap your thymus gland and tap your crown chakra as well at the same time, and that will kind of wake things up a little bit, allow the energy to start flowing through. And you can pull a few bits of crystalised stuck energy off of it and out of it and all the rest of it

and really get this moving. As you breathe in just think of love. Love. Trigger the love. Trigger the love. Trigger the love. Trigger the light. Trigger the light. Trigger the light. And just keep breathing with it, just keep breathing with it. Trigger the love, trigger the love.... the love. Trigger the light, trigger the light.... the light. Just go with your breaths and fill them up and pull in this light, pull in this love, see the silver and gold energy with this hint of violet flowing into your body, just flowing through into the whole of that crystal which is your body physical. You are crystalline beings. Just feel that energy being amplified by your chakras and see it flowing into every part, every extremity of body physical. See and feel these subatomic particles just being triggered by the light. Trigger the light, the light, the light. Trigger the love, trigger the love, trigger the love, the love, the light. And now just raise your attention above your heads, just maybe two hands' lengths, three hands' lengths above your head, just focus your attention there and just feel as you breathe in and out, that feeling just to go into the top of your head, and then flow through that energy system which is your chakra system through the middle of your body, feel it going down each side of your spine, feel it running down into Mother Earth. Trigger the light. Trigger the light, the light, the light. Trigger the love. Trigger the love. So now just keep on feeling this energy, just keep allowing it to flow through you. And now I ask you all, even if you don't know anything about your I AM presence, jut to say within your own minds and your own hearts, "I AM presence, do I have permission to work with this energy? And do I have permission to ground this energy? And I would like to work in accordance with your will, so that this energy will flow through me in a balanced way." Just spend a few moments asking the question in your own way and listening to the answer you get from that aspect of yourself that is your I AM presence, that spark of energy that is you eternally, that always has been and always will be. Trigger the light.... trigger the light.... trigger the love.... trigger the love, trigger the light, the light.

So now most of you either have a feeling of ease or you have a direct communication, so lets start bringing this energy through this twelfth chakra, this chakra you can feel above your head. You could if you like put your hands above your head into that space above you, and use your right hand and just move it around and just feel where your twelfth chakra is. And once you feel it, just move it around. Just move the energy, trigger the light.... trigger the light, trigger the love, the love, the light. And now you feel it, just move your hand down a little more and feel your eleventh chakra - it is through this eleventh chakra that you will draw this energy of Mahatma, this unconditional love of the I AM presence, of the Mother/Father Source. Just allow this affirmation to flow through your minds first: I affirm I am the Mahatma, I AM that I AM, in love. Trigger the love.... trigger the love.... trigger the light.... trigger the light, the light, the love. So now bring this energy to the next chakra down. Again you'll be able to feel, if you feel around there, you'll be able to feel the difference in your energy when you put your moving hands into it. And again just move it around. Just follow your guidance. Don't think why am I doing this? How many times must I do it? Just do it. Trigger the light. Trigger the light, the light, the love, the light. Trigger the light. And now the ninth and the eighth. Again, trigger the light, trigger the light, trigger the light. And now you're opening up your channel, you're opening up this rainbow bridge. By the time you leave you'll all be rainbow warriors. This rainbow bridge connects you with your I AM presence, the true you, the real you that knows what you should be doing on planet Earth. Trigger the light, trigger the light, the light, trigger the love. And now bring it into your seventh chakra, the top of your head , your crown, where you're tapping it.

You might like to tap it again. And at the same time focus of this thymus gland and make the affirmation: I affirm I would like the Mahatma energy to flow through my heart in accordance with the will of my I AM presence. I AM that I AM. Okay, now feel this energy in your crown chakra and allow this energy to flow into your thymus, and as we previously said to you, we'd like you to make sounds. And when you make these sounds we're going to speak through this one, and when you make these sounds, we're going to ask you to focus on this thymus gland. But we're going to change it now - it's not a thymus gland, it's a thymus room. And then we're going to change it from a thymus room into a thymus palace. Trigger the light.... trigger the light, the light. Trigger the love.... trigger the love.

[Toning]

Come on, let's have you all toning, it sounds like there's nobody here. That's it, keep toning, keep toning, keep toning, keep toning....

[Toning]

So now, just keep gently toning and focus your energy now on your seventh chakra, and just keep gently toning. If you

tone too loud I won't be able to speak over it but keep toning, keep toning, and focus this energy now on your crown chakra, and see this crown chakras, this lotus of a thousand petals, just blooming and opening like a lotus on a Kashmir lake in the early morning sun. Just see those petals opening and see this Mahatma energy flowing into this chakra and clearing away all this accumulated debris, all this accumulated energy of incarnation after incarnation, trigger the light.... trigger the light.... trigger the light, the light, the light.

[Toning. Trigger the light.... trigger the love.]

And now start bringing this energy down through your third eye just above the bridge of your nose, down into your throat chakra and then down into this thymus room. See this thymus room growing into a palace, into a crystalline palace of rosy quartz, of emeralds, amethyst, violet. Just see this thymus palace growing and make the affirmation: I affirm that the Mahatma energy is flowing through my thymus palace. I AM that I AM, in love.

[Toning]

Just focus on this thymus gland. Trigger the light, trigger the light, trigger the love. Just feel this thymus palace growing and growing and growing and growing, feel your heart just spreading, just feel your chest opening and feel that love. Just feel the unconditional love flowing into you. Make the affirmation IAM that I AM, in love.

[Toning]

Now some of you might feel some energies moving around you and that's because we've just had a group of beings come to visit us, to work with us energetically. They will actually move around as we go further through this meditation, just maybe pulling a bit here and there, and pushing a bit here and there, and sticking a few things up here and there. So we'd like you to just keep focusing on this thymus gland and just keep feeling this energy flow through it. Trigger the light.... trigger the light... trigger the love, the love, the light. You might like to start taking this energy upwards and take this energy up to your third eye, just up here above the bridge of your nose. This is the seed of your clairvoyance, this is the seed of your clairaudience.

It is from this chakra that you truly see. Just allow the energy to flow into this chakra and make the affirmation to yourselves: I affirm that I now allow myself to see. I affirm that I may see so I may help others see. I AM that I AM.

[Toning]

Trigger the light... trigger the light, the light... trigger the love... trigger the love, the love.

Okay, let's keep moving down our chakras. So now let's move to the throat chakra. Just feel that energy there, and again make the affirmation to yourselves, something along the lines: I affirm I allow the Mahatma energy to flow through my throat chakra. I AM that I AM. I affirm that I'm ready to speak my truth.

[Toning]

Trigger the light. Trigger the light. Trigger the light. Trigger the love. Trigger the love. Let's move the energy down now to this thymus palace and just feel this love further activating this crystalline structure of your thymus palace and just feel your chest opening and opening and opening and opening, until you feel you have a big satellite dish, and this satellite dish is catching these rays of love, these waves of love, the energy of love. And this love is flowing through you into Mother Earth helping her to also become love.

[Toning]

That's it, just trigger that light, trigger the light, the light, the light. Trigger the love, trigger the love, the light, the light.

Trigger the light.

[Toning]

Trigger the light, trigger the light, the love, the light, the light.

[Toning]

So you can keep toning and let's move this energy downwards. Keep toning, move this energy downwards, move it down to the solar plexus. It's through the solar plexus that you connect with the emotional body. Just allow all the stress to flow out of your solar plexus and turn into love, turn into light. And feel this energy, this Mahatma energy, flowing into the solar plexus, so your solar plexus becomes silver and gold and violet. And trigger the light, trigger the light, trigger the light, the light, the love, trigger the light.

[Toning]

And now bring the energy down to your second chakra, your water lotus. Just feel this energy flowing into your second chakra. It doesn't matter that you don't know where it is, you soon will. Just allow the energy to flow into it, this second chakra, this water lotus. It's the sexual chakra. Just allow this energy to move in there and clear out all the debris, all the guilt, all the accumulated feelings. Just allow this energy to flow in there. This energy is love, unconditional love. Mahatma. Trigger the light, trigger the light, the light. Trigger the love, trigger the love, trigger the love.

[Toning]

Trigger the light, trigger the light, the light, the light. Trigger the love, trigger the love.

[Toning]

Trigger the light, trigger the love. Just allow this energy to flow through the chakra clearing everything out. The chakra is turning from orange to silver and gold and violet. Trigger the light, trigger the light.

[Toning. Trigger the light... trigger the love.]

Now just keep toning and allow this energy to flow into your base chakra. This is at the bottom of your spine. This is the seat of your life force, your kundalini. See this chakra instead of being red, see it turning into violet, silver and gold. Just feel the accumulated anger, just feel the accumulated fear, flowing out of this chakra and this chakra becoming unconditional love.

[Toning]

Trigger the light, trigger the light, trigger the light, the light, the light, the light. Trigger the love... trigger the love... trigger the love.

[Toning]

So now just feel this energy, this unconditional love, just flowing again through the whole of your cellular structure. Feel it going through the whole of your body; your bones, your teeth, your hair, just feel that liquid crystal that is your blood becoming activated by this energy of love so it travels everywhere in your physical body. So, now we've got some energy moving, what we're going to do is we're going to give you a very....(end of tape)

(start side 2).... Energy experience in this, and we're going to give you again a quick bit of background on it. Who knows anything about star tetrahedrons? Well, that's a six pointed star in 2D, but in 3D it's two three-sided pyramids interlocked. Well, everything in creation has these star tetrahedrons, including human beings, and these star tetrahedrons are really, in many ways, the key, in conjunction with our DNA, the key to consciousness, the key to many things, the key to emotional balance, etc. So, surrounding the human body we have three star tetrahedrons. One of them is static, in other words it doesn't move. These star tetrahedrons are around everybody, the length of their arms, and the top of them is a hand's width above the head and the bottom is a hand's width below your feet. Now, in men and women, the star tetrahedrons are orientated differently. So these star tetrahedrons, you've got three of them and one of them is static and in males and females they're orientated in different ways, and two of them counter-rotate. They occupy the same space as the first one - can you imagine three star tetrahedrons occupying the same space? - and the two inside ones rotate and they counter-rotate, one rotates to the right and one rotates to the left. The one that rotates to the right is related to your emotional body and the one that rotates to the left is associated with your mental body. The fact is that in most human beings the one that's rotating to the right is going slower than the one to the left, that's why people are so emotional. Another thing about it is, if you make a planet radio active, like planet Earth is being made, it actually slows down the vibration of the emotional body of the beings that live on that planet so they tend to live in emotional fear and emotional chaos. One of the easy ways to get out of that is to balance the counter-rotation of your star tetrahedrons. There's been loads and loads of ways thought up to do that over the years, but the easiest way I've come up with is just by visualization and affirmation. We'll tell you as well, if you work with your star tetrahedrons and you speed up the counter-rotations faster than the speed of light, what happens is you disappear out of third dimension. You slip into another dimension of reality. That is one of the places this term "mastery" comes from.

When we talk about these beings the Galactic Masters and the Ascended Masters, we don't actually imply anything sexist and we don't imply anything along the lines that they're in charge of anything - you know, like humans are used to post masters and station masters and school masters and all these other kind of people, and having these masters affects you in your life - but what this term Master means, or what it merely implies in this situation, is that these beings have achieved self mastery. Well, achieving self mastery, or part of achieving self mastery, is to be able to work with your star tetrahedron fields, because when you accelerate your counter-rotational fields to just above the speed of light minimum, what happens is that the counter-rotating fields all lock together and you get a big flash of light out of each side of the body and that flash of light can go miles actually out each side. But what you can do is, you can utilise this light - this light is actually known as merkabah - you can utilise this light and you can utilise this star tetrahedron field, as a vehicle.

Now, lots of people are talking about extra-terrestrials coming to Earth in UFO's and all this kind of stuff, some people see them and some people don't, and a lot of people say, when are these space brothers and sisters going to come and save the planet? Well, the news is that I don't want them to save the planet, I don't want them to interfere in my life, but if they want to come and have some fun with us and come and share their love and all the rest of it, they're very welcome. In fact, they come every day. They're in and out of our dimensional reality and most people don't see them because their vibrations are not quite high enough. It's very easy to heighten your vibrations, though. When I say your vibrations are not high enough, it's an observation not a judgement. It's just that we're giving you information that you can work with to heighten your vibrations so that you can see them.

So what we'll do is a really short meditation to give you some experience of these counter-rotating fields. What we're not going to do is take you beyond the speed of light, because most people in this workshop are not actually focused enough to go that far. I'll tell you an interesting story; there was a group of us in a flat in London, maybe a couple of years ago this was, and we were experimenting with star tetrahedrons and we were counter-rotating our fields through affirmation and visualisation, and we got up above the speed of light and all of a sudden there was this, I don't know how to describe this sound so there's no point in trying to describe it, and I opened my eyes and looked around and one member of the group had disappeared.. And then everybody else looked around and said where's he gone? I said I wasn't sure where he was, he could be anywhere, and when they said what do you mean anywhere?, I said he could be in any place in time and space. People tend to think!

that dimensional realities are stacked on top of each other and isn't actually the way it is. Everything exists simultaneously in all time and space. So he just moved through time and space. So anyway, we sat down and meditated and tuned in on him and found out where he was. But we were tuning in on him in London. We focused in

on him and communicated with him, I guess you'd call it telepathically, just zapped him on another level, and said that what we'd do is really hold the energy for him to get out of there and he should just sit down and go with us on this speeding up of the counter-rotating star tetrahedron. In about ten or fifteen minutes we had him back in the flat in London. And he came back and said, I just been in the fifth dimension and other places, and we said yeah we know, we sussed you out. He said he didn't know if we knew where he was when we were communicating. So, that's what is possible to do with these things. Now, another interesting thing is that Mother!

Earth has actually made a conscious decision to become whole. Part of this conscious decision on Mother Earth's part to become whole means that she's going to go through a dimensional shift. Now, there's been a lot of blab about the fifth dimension in the last four or five years, ascension, the fifth dimension and all that stuff. Forget the fifth dimension. Yes, it's a step along the way and all the rest of it, but why not head for the fifty first dimension? Or the three hundred and second dimension?

It's a much nicer target to go for than say just one step forward in consciousness. Let's really go for it and open up. But Mother Earth has decided to go through this dimensional shift and what is happening, and we'll show you some things that a lot of you can probably relate t which actually shows that this is happening now, but what it means is Mother Earth is going to move through into fifth dimensional reality. Now we've already been through into fourth dimensional reality. Some of you, through things that you've learnt, probably think fourth dimension is the astral realms. Well, we can tell you that the astral realms were cleared out ages ago and there's nobody there. They've all been either persuaded to move out or they've been shipped out or whatever. Different planets have been put aside for them to incarnate back onto so they can print their money and build their weapons and get scared and build nuclear devices and all the things they get up to. Mind control and everything else. So they've all been moved out and they're all doing their thing elsewhere. Some of them have actually moved into higher dimension or other dimensional realities.

So we're going to go through into the fifth dimension now. When we really start this dimensional shift, one of the signs that a lot of you will notice is that anything synthetic or anything that's been chemically changed will actually start reverting back to its natural state. So if you wear synthetic clothes they'll start falling off and disappearing. And you might be driving your car and I suppose your dashboard and all the plastic will be first to melt. I think that plastics will be the first to go. Everything will revert back to its natural state, go back to its original chemical composition. So that will be one of the signs because everything is going to go back to the way it started.

Question: This is in 2010?

We don't prophecy 2010. Actually, we could pull it off tomorrow if we get focused tonight. If we all get focused there's no saying it'll only happen in 2010. All we're saying is it's going to happen and it's dependent on the consciousness of human beings. You see, us as human beings - or human beings in general, if you'll excuse me I'm not a human being - human beings in general have this idea that they're not in control of reality and not on control of creation. But in fact we create everything. Humans have created everything that is here on this planet. They've created the situations, they've created the fear, they've created the love as well on the other side of it, they've created the working together and the discordance that's around. So humans can create anything. What most humans don't understand is not only do they create but they co-create. So, if we had enough people to focus on waking up tomorrow morning or waking up when they get up this time we'll call tomorrow, we could actually change the world immediately. We could actually move everything into love, we could create a utopia in minutes. But, at the moment, we're working hard on getting people to integrate love. This dimensional change will take place and it's very necessary when this dimensional change takes place that your star tetrahedrons and your merkabah light body are activated. Now, you've all heard this word bandied about in Hinduism, bandied about in Buddhism and all the rest of it - for years and years people have been speaking about it - enlightenment. This is what true enlightenment really is. It's becoming light, integrating your merkabah, integrating your light body. This is what enlightenment really means, what this word enlightenment really means. So, if your star tetrahedrons are in good running order and you've integrated the light, you can go through a dimensional shift and stay conscious through the dimensional shift and actually take your physical body with you. Now, you might say well why bother to do that? Well, of course, that is like a question worth

asking. Some people would like to take their physical bodies and some wouldn't, so again there's free choice. But we've also got the situation where there could possibly be a lot of people who don't have any knowledge of star tetrahedron technology. Now, Mars was wrecked by star tetrahedron technology. That's what happened to the planet Mars. It was wrecked by group star tetrahedron experiments. Since that happened star tetrahedron experiments have actually been banned in this universe by the galactic councils, but recently in the last two years a number of us, namely five that are on this planet, have been given permission to bring this knowledge of group merkabah back into the consciousness of humans.

If you know how to build group merkabahs you can actually take large groups of people through dimensional shifts. Now ain't that exciting hey? What an exciting concept, that we can go through a dimensional shift, that we can stay conscious all the way through, that we can take our physical bodies with us. I don't mean just take our physical body as it stands, I mean you integrate your light body, you become light. You might say, I don't like my physical body, I'd like to get rid of it. Just create your own physical body. You'll be able to recreate yourself at whatever age you like. If you want to be old and grey and bearded and regal and all the rest of it, do it. If you want to be young and have these looks, you know, that the young have, well just create your own body. Whatever you're into, it'll be really far out.

So, what we're going to do to help you overcome this emotional stuff that everyone suffers, and again this isn't a criticism. Is there is anybody in this marquee who can put up their hand and say they don't suffer any emotional trauma on any level at all? Nah, nobody ever puts their hand up. Not on this planet anyway.

Question: Can I ask a question and I'm not being funny. Why do you have to do this at two o'clock in the morning? Is it because it's a purer time to do it?

Oh no, I'm not a purist at all. No, No, the reason why we did it at two o'clock is that nobody wants to use the marquee behind us and we can go on as long as we want. That's the only reason.

Question: I'm not being rude, but are you a human being?

Am I a human being? No.

Question: Are you an alien?

Yes.

Question: Lovely to meet you.

And you.

Question: And your partner here, is she an alien?

Yeah, yeah.

Question: Lovely to meet you too.

We're actually both walk-ins. And Sam's a drop-in.

Kathleen: That's his terminology. He's dropped in to the planet.

He's dropped in through a multi-dimensional vortex, but we'll go through all that....

Question: This is a friend of yours?

Yeah, this little fellow here. He'll be speaking soon and he's always got a lot to say.

Question: Lovely. Well, I've always been looking forward to bumping into you.

So what we'll do is we'll just go for this star tetrahedron experiment. We're not going to build a group star tetrahedron because it actually takes a little bit of time. I can only say that when we have built group star tetrahedrons - we took a group from Scotland to Russia last November in a group star tetrahedron and the Russian Air Force launched planes looking for us - what actually happens is when you've got a group focus in merkabah you can pick it up on radar. And since then not only have we been winding up the Russians a little bit but we've wound up the Chinese several times in Tibet. It just keeps them on their toes. It isn't for that reason we're not going to do a group merkabah experiment, it's because it'll be morning quick enough. So what we're going to do is, before we do some work with these drop-ins - there's only three kind people around on the planet; there's crawl-ins, they're the people who sort of get born and all that and then grow up, they're crawl-ins, then there's the walk ins, those of us that take over already grown bodies on contract, and then you've got the drop-ins. Now when you start channelling and opening up, they always start coming knocking on the door, oh I'll give it a shot. Maybe we can divert them. So anyway, I'm not going to get diverted, we're going to do this star tetrahedron. So what I'd just like you to do is again to just sit down and close your eyes and just focus on your breath, and we're just going to do this through affirmation. Now, most of you don't know what star tetrahedrons look like, I guess. You don't even need to know, because when you affirm that these star tetrahedrons are doing things, they are. You may or may not feel it. It's not a competition on who's the most sensitive or whatever. We'll have a bit of a sharing afterwards and see what people thought about it.

So, just focus on this energy again and just allow the light to flow in through these higher chakras. We've activated some of them now, ground the energy. And now everybody needs to run these affirmations through their minds if you want to partake in the meditation. If you don't want to partake in it, don't use the affirmations if you think it's not for you. So we'll start off with a very low counter-rotational speed because that'll then allow everybody to start moving upwards simultaneously. So just allow this affirmation to flow through your minds: I affirm my counter-rotating star tetrahedron fields are counter-rotating at one fifth the speed of light now. (Pause) I affirm that my counter-rotating star tetrahedron fields are now counter-rotating at two fifths the speed of light now. (Pause) I affirm that my counter-rotating star tetrahedron fields are counter-rotating at three fifths the speed of light now. (Pause) I affirm my counter-rotating star tetrahedron fields are now counter-rotating at four fifths the speed of light now. (Pause) I affirm my counter-rotating star tetrahedron fields are now counter-rotating at 99.9% the speed of light now. I AM that I AM. (Pause) So there's a little star tetrahedron meditation. It's very easy to do, very easy to remember and, as well, if there're two of you you can do it back to back. You can do it with your partner with your backs to each other and that makes it very beautiful. And also in some ways makes it stronger. Did anybody feel their counter-rotating fields? Yeah?

Question: Somebody keeps walking around me here.

Well we have a big team that work with us and they do actually walk around a lot. Some people feel them and some people see them.

Question: Am I hallucinating that I keep seeing people over there and then they keep vanishing?

No, you're not hallucinating.

Question: So these are real friends? Are they my friends?

Of course they are, yeah. They're everybody's friends. So yeah, we do have a huge team that works with us.

Question: And now that we're rotating so, like two ways at once, do we now remain there or is there some type of closing down thing we do?

Who wants to close down? Who wants to go back to normal consciousness again? I'm ragging you when you say do

we close down and I say do we want to undo the work we've already done. What has a tendency to happen is that if you don't do the meditation on a reasonably regular basis, or you don't focus on this on a reasonably regular basis, what happens is that you go back to the old patterning. You become emotional again. The counter-rotation becomes very much unbalanced. The counter-rotating never becomes completely balanced because it all has to do with the Fabonacchi spiral, the counter-rotation. Life is based on sacred geometry and fractals and this counter-rotation never reaches exactly the same speed.

Question: So it's not a resonance that you return to?

It's not a resonance that you return to, no. Not unless you're going to take it to 100% or over and keep it there. The thing is to keep it polished.

Question: John, could you explain which bit of the tetrahedron part is actually spinning?

It's the two inside ones. You've got three. You want me to clarify that a bit more? Okay. Well, the star tetrahedron is interlocked, three-sided pyramids.... It's a third dimensional six pointed star and its interlocking pyramids. They're around your body like that, at the finger tips. Everybody, all bodies, are built in proportion. For me, when my grandmother used to take me out to buy me socks when I was a kid, she'd never ever put the socks on, she'd always fold them over your hands and say they'll fit, and always they fitted perfectly. If you get a piece of string and wrap it twice around your middle finger you'll find that that piece of string will go once around your wrist. And if you wrap it twice around your wrist it'll be the length of your forearm. You can measure the whole of your body like that. Everybody's body is geometrically matched and correct, and your star tetrahedrons match that geometry of your body. So, you've got the three fields - one's around you like !

this and it's static, it just stays where it is. And star tetrahedrons, you can orientate them in two different ways; female star tetrahedrons are orientated like this, you've got the flat part and then it comes down and at the back you have a point facing downwards. In males it's the opposite way around. You can see that reflected in the bodies. The female body sticks out here and here, and male bodies stick out here and there. So this is how the star tetrahedrons are actually orientated. How you can visualise them, inside or occupying the same space simultaneously as the static star tetrahedron, are two more. And can you imagine they occupy the same space. It's hard for the mind to conger up this picture of the three star tetrahedrons ion the same space, but believe me that's the way it is. The two inside ones just counter-rotate in the same space, so they're counter-rotating both inside each other, outside each other and with each other. And it's that counter-rotation which....

Question: When I was dancing, John, in the room, I was having a good time with some friends and I was looking forward to coming here tonight, And when I shut my eyes when I was dancing I saw three balls, but they were round and they were spinning.

Yeah, it's probably in your merkabah energy field. You see, star tetrahedrons are composed of the five platonic solids and the platonic solids are the basis of the whole of creation. Everything is just based on these five shapes. The star tetrahedron is composed of the platonic solids. It's like everything, the crystals in the body physical, the molecular structure of quartz, everything is based on sacred geometry in creation. The energy of creation we actually call the seed blueprint for creation, or Mother/Father God seed blueprint for creation.

That's the creative energy. The symbol for that creative energy is the symbol which is known as the flower of life. I don't know how many of you have seen this flower of life symbol but it's geometric and, again, had I prepared I could have brought you a picture of it as I've got one in my car.

Question: Describe it.

I find it rather difficult to describe actually.

Question: I wonder if it's the one I'm thinking about.

Yeah, it's the one with all the petals.

Question: Is it a crop circle?

There has been a crop circle of flower of life.

Question: Could I just say a bit of poetry I wrote about this? It goes: It is the Buddha's will, and we sit with him within, circles concentric, the five point star and lotus fall, how star wonder at patterns on tale-tellers brow, sacred diamonds or Egyptian curls, take us there, remind us... somehow. This is how we do it. Is it that shape?

It's that shape yeah.

Question: the Five point star, the concentric circles and the lotus blossom?

Six pointed star. The petals are based on six.

Kathleen: I'm sure you could get there from where you are, very easily.

Question: Is that the cross of David then.

Yeah.

Question: Could you tell me why my leg's aching?

Well, because we've been working with energy and we've been bringing in energy through your bodies and where there's blocks you'll probably start to hurt. The way around that is to stand up and stamp your feet. And ask the angel Sandalphon to ground you out. Different angels have got different jobs, like archangel Michael helps to look after us if we ask him to. He doesn't if you don't ask him. It's like we were doing a clearance, a workshop, in Colorado, in Denver, recently and there was a person there we were doing a clearance with, and Mahatma and archangel Michael, and this person came to me afterwards and said, that was brilliant, you cleared two hundred thousand years' worth of rubbish. And I'm a great friend of archangel Michael's, the guy said, and when I asked Michael why he never cleared this stuff, he said because you never asked me, man. So you've always got to ask. Don't expect anything to happen unless you ask. This angel Sandalphon, he's the grounding angel, and if you say Sandalphon ground me he's always very very happy to oblige So, we'll just tell you now that the first bit of chit chat that was given, was given by Vywamus, channelled through me by Vywamus. This being Vywamus is, you could say, a cosmic aspect of our planetary Logos, Sanat Kumara, and he very much works with the Mahatma energy and information on the Mahatma energy. The second part of it, the star tetrahedron experiment, was done by this aspect of me that walked into this body that people think is John Armitage, the latest one last January - as far as walk-ins are concerned this body has been like a weigh station since I was about seven months old - he's known as Washataka. So, I'm going to stop talking now and let Mahasamatma say a few things.

This is a transcript of a session at an outdoor event called the big green gathering in the county of Wiltshire England in July this year 1997. John Armitage is a workshop leader and works all over the world. He is the originator of the Shamballa MDH system.

e-mail drdas@globalnet.co.uk. Phone +44 7050 605 264

WHAT EXACTLY IS A CRYSTAL

A quick look at the world around us shows everything to be either crystalline or potentially crystalline. Crystallinity is primarily a function of temperature: at some point, different for each combination of elements, the temperature is such that the thermal energy of a hot solution becomes less than the bond energy of the compound and molecules begin to

stick together, in specific order and shape and colour to form crystals. The rate of temperature reduction determines the eventual size of the crystal. Other factors determine other properties, as we will see.

The smallest repetitive shape in the lattice is called a "unit cell", (See Figure 2, Quartz Unit Cell) the size and shape of which determine the Resonant Frequency (f0) of the crystal. This is an internal, not external function. The size and shape of the crystal (or piece of crystal) has no effect of this Resonant Frequency (f0). Impurities within its structure, alter the size and shape of the Unit Cell. Silicon Dioxide is the familiar clear Quartz, a very few parts per million of Iron and Manganese, and with a short dose of gamma radiation, the Quartz becomes Amethyst, the properties of which are strikingly different. (See Table I).

Table I. Impurities Determining Colour

Corundum		Beryl		Quartz	
Cu	golden yellow	Ni	pale green	Co	blue
Mn	pimk	Mn	grey green	Fe+++	brown
V	purple	Co	pinkish brown	Na/Al/Li	dark brown
Co	greyish green	Cu	pale blue	Fe++	green
Ni	yellow	Fe	deep blue	Fe+++/Mg	violet
Fe	grey/brown	Cs	pink	Fe	yellow
Ti	yellow				
Al2TiO5	star				
Cr/V	blue/red				
Co/V	pale blue/red				
Co/Cr	maroon				
Fe/Ti	blue green				
Mg	orange				

The overall physical dimensions of the crystals or fabricated shaped do however determine its vibratory resonances. Its size, shape and mass produce a whole series of resonant frequencies for any compound, plus an entire harmonic series for each fundamental resonance. BUT … the molecular structure, the (f0), is of interest here. The molecular structure and its harmonic series, produce the effects upon the aura for which crystals have their major value.

A match at any one of these frequencies, between a crystal and a person, will allow a transfer of energy from a nearby source to that part of the person involved. The more matches, the larger the transfer, and the more perceptible the effects of the crystal. The energies constantly entering the body from these myriad sources act in concert to produce effects on all levels of life (physical, etheric, emotional, mental and spiritual). The chemistry between people is a notable example.

SPECIALNESS OF QUARTZ

Why is quartz so special? For one thing, quartz has the widest energy spectrum of common crystals. Quartz can be used for many purposes, since there is a much greater chance of there being a good match (to allow substantial energy transfer). For another, Quartz (silica) makes up roughly 30% of the Earth’s crust, and thus someone looking for a particular crystal has an odds-on chance of easily finding the right one. Quartz comes in all sizes, is fairly easy to work, and its clarity is quite appealing.

There are some other interesting facts about Quartz, too. Due to an oddity in the molecular structure of Quartz, there can form a left-handed and a right-handed variety. (See Figures 3, The Three Forms of Alpha Quartz, Rock Crystal). The formation is purely a random phenomenon, and has no obvious effects on the resonance of the crystal. The two types can be discerned by the appearance of certain facets, when they appear, perhaps 25% of the time. This parity of handedness is caused by the fact that the molecules are shaped so that they do not fit together as would a set of hexagonal tiles in a floor. One of the sides is just a little too long, and so they want to assemble in a spiral formation as the crystal grows. The quality of energy the crystal handles is not affected but the direction in which the energy emerges may be determined.

Now, we know that variations in the amount of impurity or foreign atoms within the crystal determine its properties,

but there is one more important effect to note. Occasionally, there will be conditions just right for "twinning", where BOTH right-hand and left-hand spirals occur at the same time. When these spirals* are parallel, we have a Brazil Twin*. The energy produced by the Brazil Twin is much more powerful and penetrating than that of simple Quartz, and is even of a slightly different quality. The lack of facets on the majority of crystals makes identification by eye difficult, but the identification can be dramatically obvious in a group!

*Path traversed by a point orbiting another moving point in space.

*When both right and left parities exist in the same crystal.

Quartz also forms in another interesting way. When the ground water carrying the dissolved silica is forced into a porous zone in the rock, fairly rapid cooling can occur, causing the rapid formation of tiny crystals on the surfaces of cavities in the rock. These very clear and perfect crystals as often as not will form over previously deposited minerals, which may be brightly coloured. This sort of formation is called a druse, and the "drusy" is a jewellery material par excellence. Their effects are interesting, too, because the many tiny Quartz crystals amplify the energy of the material underneath. Many copper materials in Arizona and throughout the Southwest may be found covered with drusy Quartz and these are very powerful stones. The minerals commonly found in this form are Chrysocolla, Malachite, Tenorite, Cuprite and Hematite, and rarely, Psilomelane.

HARI BABBA
Hotel Brebant Paris Thursday 24, July 2003.

We are going to do a meditation this evening to open up some blockages in your energy system and these are blockages that most people have had on Earth for many thousands of years. It is now time, with the changing energies on the planet, to remove these seals. It is only in the last year or so that we had permission to remove all these seals. This is of course because of the changing energies upon the planet. I'm sure most of you are experiencing these changing energies in some way or another, even if it is only the fact that you cannot sleep very well.
Over the last six or seven months I have been a lot in Africa and in Asia and, as well, people in those places are not sleeping very well ever. It is a planetary thing right now.
This coming month, in August, there is going to be a very strong influx of new planetary energies as well so it is very useful to remove these seals and we will help you energetically to process these energies easier.
As well as removing these seals we are going to do a meditation that, in some ways, is quite unusual in the Western world. Those of you that know me know that I've spent a lot of time in India living as a renounced ordered Indian monk and Hinduism, as a philosophy, is one of the great loves in my life
Before you start to think: "Oh! This is going to be something to do with religion!" I'll explain further. This, in fact, has nothing to do with religion. We are going to work with the energies of the Hindu deities. These Hindu deities are representations of different aspects of the energy of Mother/Father God. What I like about it is that there are energies for creation, energies for balance, for change, for knowledge, for abundance, energies for love without conditions, for strength, inner strength, energies to remove obstacles in your lives. So, doing a meditation with these deities, with these energies could be very useful.
I'm not going to tell you much about these seals blocking your energies for the simple reason that when you use your mental aspects in this kind of work it blocks the energy. The way to do it is in allowance.
These seals are called the "maharic seals". It could also be said that these seals correspond to the seals that are spoken about in the Bible, in John's revelations. We will activate a part of your energy system as well which, in general, in human beings, is not particularly active or in harmony and balance. These are actually lines which run thought the bodies that are not meridians or things commonly known. We call them the axitonal lines and when we activate them they become the galaxitonal lines. It aligns you with the energies of Mother Earth or the planets in a very focused and strong way and also aligns you with the galactic energies in a very focused and strong way. It, again, helps you to process these energies of an ever-increasing vibration that are flowing into the planet.
We definitely live in exiting times on planet Earth. It is very exciting times actually to be incarnated here. I personally find that as I see these changing energies and the way they are affecting humans and their consciousness is, as I said very, very exciting. I find being incarnated here at this time with these ever changing and ever increasing energies is

very exciting in the way it is affecting everybody. I don't suggest that in 6 months or a year time there will be a flash of light and that we'll find ourselves in another dimension reality but these energies are creating ongoing flashes of light in our consciousness and we are changing whether you are trying to resist or not. So the idea here – it's not actually secret but – in my mother language we metaphorically say the secret is to allow. It is impossible to hang out on to the past because it is already gone and the moment is the time to live in and time to stop making excuses that past is holding you back. By living in the moment you can also join in this excitement of forward movement. I can tell you that I have learned myself that change is the nature of creation. Nothing stays still and again you create yourself a lot of personal problems and personal difficulties in your mental and emotional body by actually trying to stay still.

We'll close our eyes now.
I noticed that some left their seat to lay down. Please just feel free. It's freedom; just do what you want to do. My ego won't go into processing if you fall asleep because if you are tired you are tired, that's life. When you fall asleep actually there is no resistance you do get the best meditations when you are snoozing.

Let's close our eyes and take some deep breath and as we take these deep breath we just allow this divine light and this cosmic love to flow into us. In this moment I will communicate with your individual higher selves or I am presences. I will ask for individual permission to do this work with you but for in fact, all work is carried out in accordance with the divine will and the will of your I am presences. In this moment I will also ask each and every one of you to affirm within your minds that you are now ready for the next step into freedom. Follow this affirmation with the words: "I am that I am".
In this moment I call in a group of beings that aid me in this work. I just call them my clearance teams so there is no fine title for the mental mind process that must be holy. I'm calling my helpers, my clearance teams. I would like you just to see, or feel, or allow, or imagine that you are surrounded by a double terminated crystal and, as you breath in this divine light and this cosmic love, you can feel it or see it in your minds, this crystal is starting to vibrate more strongly. With each breath this crystal pulsates brighter and brighter. Now we'd like you to see another double terminated crystal that is going horizontally through this crystal around the area of the solar plexus to the true heart chakra.
Now I ask you to spin these crystals in any rotation you'll choose, feel free. In this process for those of you that don't understand it we are activating what we call your light body and as we activate this light body the vibration becomes higher and higher, you may even see the light behind your closed eyes or in your minds.
Just in a moment we are going to start bringing some mathematical and coded information into your light bodies just to further activate. These codes are commonly known as the cosmic fire letters, they come from the five sacred alphabets. Now we are just going to move the energy a little bit by making a sharp out-breath and I do this activation now. Pff..
That, of course, brings us a more focused and a stronger activation into the light bodies.
We are now going to start removing these seals, these blocking seals from your energy system that are in the left side of the body. I just count the numbers upwards as we remove them. 1. 2. 3. 4. 5. 6. 7. We totally remove them now. Pff..
I spend a short time sitting and allowing these energies to flow through us. You may or may not, at this point, feel some energetic changes in the left side of your body, into your light body and auras.
With these harmonised energies in process we just again activate these axitonal lines and galaxitonal lines. We activate these lines now. Pff..
We'll just sit for a few short moments, just allowing these energies to harmonise and balance. As we are allowing these energies to harmonise and balance, I'm going to bring the energies of the Hindu Trinity: Brahma, Vishnu and Shiva.
We call upon the energies of Brahma, the energies of the creator. It is said in Hindu mythology that Brahma just exists in an ocean of bliss and love and the light that flows from the body of Brahma is the divine light of creation. So let us now start to integrate this divine light of creation into our newly opened and activated physical and light bodies.
You can make now an affirmation in your minds: "I affirm that I'm open to receive this divine light. I am that I am".
Now we bring the energy of Vishnu. This is the energy that sustains the creation and holds it steady. It will be beneficial to make the affirmation that you affirm that you are open and ready to receive that energy to sustain you in your lives.
Now we bring the energies of Shiva, the energies of change. It is a good time to affirm that you are not adverse or against change, that you are a changing being in the plan of Mother/Father God.
Now we start to bring the energies of Mother aspects of Vishnu and Shiva, including the goddess aspects of these

energies.
First of all we bring the energies of Rama, the celestial bowman. Rama represents strength and focus and his feminine aspect is Sita. She represents the trust of the goddess in god.
Let us now call upon Krishna and Radha. Radha represents the Divine Mother, love without conditions. Krishna represents the trust of god in the goddess. The energy that they bring is harmony and balance in total trust and love without conditions.
Now let us call upon again Shiva with his feminine aspect Parvati or Shakti. They represent the inter-change of energies between male and female. We call upon the 10 aspects of the feminine energy of Parvati, the mother aspect of Kali, the feminine protector of the human race.
We call upon the energies of Hanuman, the monkey god. He represents strength, inner strength and inner focus and physical strength and physical focus.
We call upon Ganesha, the son of Parvati and Shiva. He removes all obstacles, obstacles in your life; obstacles that may be obstruct you in your life span. The affirmation here is: "I affirm that I am now ready to travel with no obstacles. I affirm I travel into freedom".
Let us now call upon Saraswati, the goddess of knowledge and invite Saraswati into our lives so we may receive the knowledge that we need to smooth our passage to freedom and enlightenment, not a knowledge of the conscious mind and a mental aspects of the human being but the releasing of the inner knowledge within your bones, within your crystals, within your multi dimensional bodies, the access to the divine light codes.
Let us call upon Lakshmi, the goddess of wealth and good fortune. Let us invite Lakshmi into our lives so abundance and good fortune are our companions for the rest of our incarnation. The useful affirmation here would be to affirm: " I'm ready to receive abundance. I am that I am."
Now we call upon Sheemunda, this killer of demons. These demons represent the thought process within your fears. Sheemunda, this aspect of the Divine Mother will kill your demons or will aid you to kill your demons. She will aid you to rid yourself of fears of change, fears of your own divine power, fears of enlightenment.
Now I'm going to activate the chakra below your feet known as the Earth Star. This Earth Star, when it is active, keeps you firmly connected with Mother Earth. That is necessary to be firmly connected with Mother Earth. A firm connection with Mother Earth and your head in stars, this is how you ground the energies through you. It is necessary to understand that you have taken upon yourself to incarnate in these human bodies and the work that you have chosen in this life and other lives upon this Earth is to learn what it is like to be a human being, a human being with total awareness of your multi-dimensional nature.
So we now activate this Earth Star. We activate them now. Pff..
Now you may feel these energies grounding through you in a more focused manner.

Now we'd like you to start focusing your attention on your physical bodies, with your breath, bringing your awareness to the physical.

Questions and Answers

First of all I have to tell you that I have not the answers for all the questions in the universe. We'll do our best to answer your questions.

Q: Why the work was done on the left side of the body and not on the right side?
A: We did the work on the left side because that is where these seals blocking the energies are. Often, when you remove these seals, people say: "Well, now I feel a bit more energetic on the left than I feel on the right". There is a very simple explanation for that. You are not used to have a clear energy flowing down the left hand side of your body so you notice it. In fact your energy comes into a good harmony and balance.

Q: Why these seals are on the left? What is the meaning?
A: Excuse me while I plan my answer because I could speak for 10 hours on the subject.
Basically, these seals have only been on your left side of the body to prevent you in the past from accessing your feminine aspect and that goes for both male and female. It was, should we say a conspiracy or a trick, something to keep the human race into the aggressive male warrior consciousness.

If you can keep a race and I mean a human race, focused in masculine consciousness, nobody uses its intuition and you keep perpetuating the energy of aggression in the collective consciousness. In fact, you could simply say that it was a bit of trickery against the human race, a bit of trickery to prevent people from integrating their feminine aspects and everything that their feminine aspect energetically represents which is nurture, support, love without conditions, intuition.
The fact is that, as a race, the humans are very focused on the male aspects. That goes also, very much in general, for women too, focused in a male way. You have only got to look really at the way that many women have behaved may be during the last few year 20 or 25 years specially. Of course, women have been seeking what they called their freedom and freedom from oppression but that has been away from the feminine aspect. Women have tried to look for their freedom in a male aggressive way. Of course, that has been counter-productive on a planetary level. Again, I must stress that definitely women should seek their freedom from oppression, from the male warrior mentality but it is really counter productive to swap remains of femininity for aggression.
It is actually a task for both male and female at this time to integrate the feminine aspects. You may notice that in some ways, because of the non-ability of men to integrate their feminine aspects, males are becoming quite confused on planet Earth right now. Their male consciousness says “we must protect women” but that protection has a male warrior aspect. It is martial in expression and also opposite to the feminine energy. The fact is that the goddess is popping her head up more and more: “ Hey! I’m the goddess, I’m inside you!” “I thought I was supposed to be aggressive! I don’t know what I’m supposed to do now!” A very interesting situation!
It goes for male and female that necessarily to integrate the feminine aspect and the goddess energy for males not to take on this martial aggression. I must add here that it doesn’t mean that women have not to stand in their own power. They have to stand in their own power but in a loving and gentle way because until we incarnate the goddess energy on the planet over and over again in a harmonious and balanced way it makes the process of enlightenment and freedom difficult for everybody. You can see how the male collective consciousness fights against it by trading wars everywhere. Men are the aggressors.
I see, very definitely all around me, in every country where I travel and that is a lot of countries that the goddess is manifesting in the consciousness and it is very nice to see.
Sometimes, people are afraid to ask me questions because the answers are one hour long.

Q: What do you think we should expect now showing up as resistance to that process in individual way and in general way?
A: This has to be brought into a generalisation so it doesn’t apply to every situation or every being on the planet but I definitely see that on a male level there is a lot of confusion of what they are supposed to be doing now, what their role is.
I also see that in countries where the males have been extremely machos like the last hundred years in Australia. Australia must have the highest ratio of gay men in the population than any other country in the world. This is actually because of this confusion and also because of the emergence of the feminine aspect. “What is my gender now?”
I do see unless the males just let go their aggression and macho attitude there will be more and more confusion like that.
I also see as well that, shall we call the power brokers or whatever you’d like to call them, will also create more situations where they can exert their macho tendencies and play with their toys, big bombs, tanks and war machines. Boys like toys and the older the boys are, bigger the toys are.
But I see the resistance going down to this integration of the goddess energy and for me I refuse being involved in the creation of shall we say macho situations on the planet because we co-create with each others as human beings and the more of us will think: “Oh! This is where we gonna go”, that’s what we are going to create so for me my vision is for harmony and balance of god and goddess in the freedom of all individuals.
This is the reason why that I do what I do, to encourage people to co-create something different. We are not victims on planet Earth, that is just illusion and dis-empowerment. We have created our own situations but people think they are victims. Sometimes I wonder if people get bored of hearing this but I am always saying it: “If you want to see change, be that change.” That is actually how you can change the world.

Q: I think that women have also a lot of work to do. They have to develop also their feminine aspects but they are taking a male attitude.
A: This follows on what I said 10 minutes ago about how women have taken aggressive stands. Through the confusion

of men I also said – either I'm not thinking or speaking straight or the translation is not straight - that this has resulted in the large increasing of gay men and some of them are extremely feminine.
What happens is that we have to have a balance; this is what we are looking for. We had situations on the planet before where the feminine energy was the dominant energy then they kept the men down and were aggressive to men. That is again disharmony and unbalance so we have to find a middle road of the manifestation of god and goddess. This is what everybody that is incarnated on the planet in some ways is looking for even they know it or not: the search is for harmony and balance. It is pushing you in all your activities. Human activities are so diverse. Even what you could call gross materialism or consumerism, even that is driven by the search for harmony and balance. Getting the latest VCR and I am happy for 5 minutes. Taking it home, out of the box. "Oh! Yes! Enlightenment! Latest Sonny!" But soon there is disillusion. "Oh! After all, this is not enlightenment. Keep searching for something else."
That is our quest on planet Earth. It is actually to realise the Holly Graal within us and the balance of god and goddess. Time is an illusion and god knows it. He is not in a hurry and doesn't subscribe to the illusion of time. It doesn't matter how long it takes. For us, as human beings living in human bodies in this time it seems that, for me, personally, my own quest is quite urgent.
I know how I have suffered in my life, self-created so no victim. I know how much I have suffered from my own creations through the imbalance of god and goddess energies in my consciousness. I'm sure there is not one person in this room, if they are truthful to themselves, will not admit that they have created themselves all kinds of situations and sufferings through this imbalance.
I will also go as far as to say that if they said they haven't created any situation in this life through the imbalance of male and female energies or god and goddess energies or lack of realisation that you are god and goddess incarnate will actually being indulging in what I call the long river in Egypt syndrome. It is a joke of one of my ascended master friends commonly know as Bob Marley. "Hey! Denial man; it's a long river in Egypt."
I see that this is our quest and everybody is taking a journey from a different direction because we are individuals. As human beings we can sit and argue forever about our personal perspectives on any situation.
One of my teachers in India had a great way of showing how humans argue with each other of what they see from their perspective and he was throwing something in the middle of the floor and say: "What do you see?" And if you said: "Oh! It's a cigarettes packet" "Yes, we all know that it's a cigarettes packet but tell me exactly how you see that packet!" It is like if I say to you what do you see here? Explain in details. It'll be different because you see from a different angle and that is the way the mind works, we are all alone in our individual journey, we view it from a different direction. That satisfies our mental aspects but our mental aspects aren't love without conditions and non-judgement for yourself. It is not god and goddess in harmony. Integrating god and goddess into your lives and living in non-judgement for yourself and love yourself first actually brings energy into your life where you understand that you do have a responsibility on planet Earth.
Not to say that you have a responsibility for other's happiness or anything like that but we have all a responsibility towards each other to actually treat each other as god and goddess with respect and harmony and non-judgement. Some people say to me: "Hey, Hari! It is an impossible dream!" But if it is an impossible dream well, then, the human race is in serious trouble. It's like someone asked me recently when I was in Indonesia or some place: "Oh! Master, will we ever have peace on Earth?" My reply was: "Of course there will and I really hope humans will see it!" We've got the choice.

Q: Our seals have been removed. Does this work will have an impact on other people not in this room?
A: It will have an impact on others energetically because your energy becomes more balanced. Human beings are interacting energetically with people all the time whether you know them or not or you sit besides someone and walk down the street or whatever you are close in proximity with people this is why I said be the change you want to see. You energetically affect others.
I have admiration for many individuals, on a personal level. Many people have achieved a lot of things on Earth but one of the beings that I hold very dear to my heart is a being who actually freed India from the oppression of the English without picking up a gun or encouraging anybody else to fire one shot. That was Mahatma Gandhi of course and the core of the teachings of Gandhi's life was: don't fight for anything outside yourself. Be the change that you want to see, in your heart.
Through learning to keep his focus and through no anger, non aggression and the integration of the god and goddess energy, he just achieved something which so many other people fought for all over the world: their freedom from oppression.

I always bring Mahatma Gandhi's name in many countries where there is a lot of aggression and a lot of armed aggression and revolution supposing for freedom.
What I am trying to point out to people is that freedom is in the mind, there is nothing else. If you don't respond to oppression with aggression, the aggressors give up their aggression because there is nobody to aggress and it is the same in control, in control through governments.
When we were young, when we were young beatniks, we were: "Revolution! Kill them all!" In fact the revolution is happening and now we love them all. You can't love them all unless you love yourself first.
When we talk about love and talk about judgement, each and every one of you can look at your minds. I ask you to see how you judge yourself on a daily or even hourly basis. Even to the tiniest things: "Oh! I don't like my face because there are some marks here and I'm not pretty or handsome. I don't like my body, too big, too thin, too long, too short." That's human. You know the story. You don't like your body but actually you are living in that body and it is the temple of Mother/Father God.
It is a question of allowing Mother/Father God, that beauty and that harmony to manifest in your life and that's not some kind of hairy fairy dream hanging around. It doesn't mean you sit back and do anything and don't stand up even for yourself.
It is not that you sit back and everybody does everything to you. It's a question of standing into your own power and doing what needs to be done without anger and knowing that your actions affect the whole of creation.
It doesn't mean that you give up everything and that you give your total power away. You stand up for yourself in any situation but you have to realise that whether you kill a mosquito or a human being you are responsible. In fact, you have to understand that you are responsible and your actions affect the whole creation.
The next thing that happened in that particular trip was that we did meet some men with guns and we didn't have any and they were doing their macho thing. One of them was looking at me. I don't know what he was thinking because I was not reading his mind but I was looking into his eyes and the first thing I said is: "I really love you" and the second thing I said was: "Shamballa on!" In ten seconds everybody stood back. Somebody told me then: "Oh! We don't need guns, Hari"
You just have to understand that we are all responsible for everything that's happening on Earth. We should integrate that and by integrating that we can definitely make some change on the planet. You won't integrate the fact that you are responsible until you stop judging yourself. Integrate love without conditions.
It is easy. It is only the conscious mind that is making everything difficult. Most people seem to be afraid of their own freedom. My device is: just feel the fear but do it anyway. This way you come out on the other side of the fear and it is a great feeling. I encourage you and each individual on the planet. Live in fearlessness.
Look at you in the mirror every morning and say: "You are really beautiful. I love you." It will make a huge difference for the day, especially when you go through hard days and you are punishing yourself for that. Stop a moment, look at the mirror and say: "You are really beautiful." The love that manifests in your heart will touch everybody in creation.
Bless you!
Don't forget life is not a dress rehearsal.
LOVE is the answer to fear.
Don't give your power away to anything or anybody.

CRYSTAL TYPES

There are many different types of quartz crystal available, but here we will just discuss the ones most suitable for our work. In the late 70's and early 80's it was felt that we could identify 32 different types, but we have now simplified this into just a few basic types.

Double Terminated Crystals

As the name suggests, these crystals have a point on each end. They have the capacity to both push and pull energy through their ends. By placing a double terminated crystal in between the chakras, they can then be used to move energy both upwards and downwards through the chakra column of the physical body.

Record Keeper Crystals

These crystals have a raised pyramid, or triangle on one face, or sometimes many on several faces of the crystal. These markings tell you that your crystal is a record keeper. Carefully check all the faces of any quartz crystals that come into your possession. Sometimes you will need to reflect a light source off the faces, in order to be able to clearly see the triangular markings. It is not only quartz that can be record keepers. I, personally, have fluorite, emerald, and ruby from Merlin's Crystal mine in India, all of which are record keepers, and I have also seen these markings on other crystalline substances. These crystals can hold information that has often been recorded there thousands of years ago, sometimes from the time of Lemuria and Atlantis. They are just like libraries of stored information. Meditating with them will allow you to access their information. You can also activate them by rubbing your thumb across the pyramidal triangles, in the same way as you can activate tabular crystals by rubbing your thumbnail over the lines that are ingrained upon them.

Elestial Crystals

These crystals are truly amazing. They are easily recognised by the number of terminations all over them. Unlike other crystals, elestials have been formed in water, and this gives them their unique appearance. They are excellent for helping you through any emotional processing, and can be used to stabilise thought patterns. They are also related to the angelic kingdom, so they can be used to contact the angels, who will often help you to overcome your emotional imbalances. Elestial crystals are extremely powerful so do not even consider working with them if you are resistant to change. They will certainly bring to your notice any areas in your life which need addressing. They can also be used to greatly expand consciousness.

Channelling Crystals

These are recognised by their one large face, the other five faces being much smaller. This large face has seven sides to it. These crystals are excellent as a means to accelerating your channelling abilities, and they help to provide you with a clear link to your I Am Presence. This means that you can access much information, since your I Am Presence is a wonderful source of wisdom. They can also be used to access the energy of your healing guides, and the Ascended Masters, the Lords and Ladies of Shamballa.

Sit down, with your eyes closed, and holding the channelling crystal in both hands, rub your thumb up and down the seven sided face, whilst at the same time linking with the energy of the being, Master, Guide, that you wish to channel. Then just wait for the impressions to come. These days it is very necessary to learn how to use these channelling crystals, because as has been previously stated, you can learn to channel your I Am Presence very easily with the help of these crystals. By doing this, you will see a big difference in your life.

Tabular Crystals

These are quite rare. They are very flat in their configuration, and can be used to activate other crystals. Rubbing your thumbnail over the lines that run across their body activates them. They often hold a reasonable amount of information within them.

Phantom Crystals

These are also reasonably rare, but they can be found with all types of phantoms in them, which contain different types of minerals. The active properties of the crystal are therefore enhanced by whatever mineral they contain. They can also be used to tune in with your guides.

Self-Healed Crystals

These crystals are very important to us as healing facilitators. If you program your crystals with the “seed blueprint for creation, in accordance with Divine Will”, as previously mentioned, then many crystals, especially quartz crystals, will start to remember their wholeness. As this happens, they start to grow multiple terminations from the base where they were removed from the matrix. These crystals are therefore very powerful for use in healing, because they have

already learnt to heal themselves. So watch out for these crystals. My personal experience is that once programmed with the “seed blueprint for creation”, crystals can start self-healing, and sprouting new crystals from their base, within a period of only weeks. We would encourage you to experiment with these crystals, and just see what can be accomplished.

Window Crystals

These crystals have small diamond shaped faces, i.e. windows, which is an extra termination to the usual faces. You can use these windows to actually enter the crystal with your consciousness. Having entered the crystal with your mind, you will be able to experience the crystalline nature of the crystal, the Light that it generates, and ascertain its program. They can also be used as springboards to launch you into higher dimensional realms.

Laser Crystals

Laser crystals have long bodies, with balanced terminations. If viewed pointed end on, you will see that the apex of the point is in the exact centre. They are used to transmit very concentrated beams of energy into any area where energy is needed. You can also use these crystals to sew up holes in the human aura, just as you would darn a sock. Many people have holes in their auras through electrical interference, the ingestion of prescribed or illicit substances etc. The result of these holes is that the energy charge of the person is leaked away, like water through the holes in a bucket. These holes can also be used by energy thought forms, or other lower dimensional beings, to gain access and attach themselves energetically to the person. These lower energies will then transmit their own energies of fear and emotional imbalance into the system of their host. Laser crystals are also ideal for joining up the crystals within a crystal mandala.

Crystal Water

Place a large glass jug or gallon jar of water within an activated crystal mandala. It is not necessary to purify the water first; the mandala will not only do this for you, but it will also noticeably improve the taste of the water. It is ready to drink once you see that small bubbles have formed on the inner surface of the container. Drink this water every day, continuously topping it up to replenish it. Ingesting these high vibrational light codes through the medium of water will activate all the crystalline substances within your body with Light.

Charging your Crystals

Build your programmed crystals into a Star of David mandala, with the points of the crystals facing inwards. Activate the Star then place any crystals that you wish to charge inside the mandala. Leave them in the mandala for twelve hours, and the crystals inside will become highly charged, and have far more energy for you to utilise in your crystal healing work.

Care of your Crystals

Try to obtain crystals with good, un-chipped terminations, as the more balanced and perfect the terminations, then the more focused are its energy transmitting characteristics, especially if you are using laser crystals. Always ensure that your crystals are not knocked together, or against other hard objects. Once they are programmed, knocking them will actually release large bursts or charges of energy from them. It also upsets the internal matrix of the crystal, and its internal structure, where the program is held. Try to keep your crystals, when not in use, wrapped in cloth, in individual pouches. Although crystals are quite hard, quartz is about 7.5 on the Mohr's scale of hardness, they are also quite brittle. Remember, your crystals are valuable working tools, so look after them as such.

For further information about working with crystals we would highly recommend reading Love is in the Earth, A Kaleidoscope of Crystals, written by Melody. from Earthworks.

About very basic crystal mandalas.
When you are working in healing with a person you could use etheric crystals but for me, working in the energetic field of a person, it is better to have the presence of physical crystals.
The most basic of the crystal mandalas for healing is in a shape of a six pointed star, two triangles together, sometimes known as the star of David.
The Star of David has nothing to do with the Jewish people. In this age Jewish people have taken the symbol but the symbol has been around for millions of years. The six-pointed star is a two-dimension representation of a Merkhaba star and this star is formed by the interlocking of two three-sided pyramids. When you activate a six-pointed star mandala what happens is that it opens a pillar of light between the Earth and the Source. If you are clairvoyant, when you activate a six pointed star you can see in the next dimension reality the Merkhaba star form going all through the twelve dimensions and beyond to connect with the Source.
The six pointed star crystal mandala is very useful for balancing the energies through the body. You need six crystals, quartz with one point, kind of near enough same size. You lay out your all previously programmed crystals. You need to join up your crystals somehow. At one time we used copper wire but as we go along we learn more and now we know that all we need is intention. You can use your finger and you join each point of one triangle and then each point of the other triangle.
The crystals are facing inwards when you start. Then you use the command “activate” or “on”. Then it is a question of let go and let God.
After fifteen minutes turn the crystals pointing them outwards and activate again. Leave them fifteen minutes. The crystals are taking the energy from their basis. They are now drawing energy out of the aura, out of the etheric matrix. If you are in a mandala you feel the pulling out of your energy. Your energy is now depleted.
Inwards first: it is energising, it loosens things.
Outwards: crystals are taking any discordant energy, any unbalanced energy. They are transmuting them, sending them out.
After fifteen minutes, turn the crystals again inwardly. Activate the mandala. You may have the intent of joining up all the crystals again. It is like the first step except that you have removed all the discordant energies from the aura, from the chakras, from the etheric matrix and now you are recharging.
You can do other things in using this set up. As an added thing, you can also put a polished crystal on the third eye or on the throat or on the seven chakras. Then you activate them. The energy starts to come up again. You can also add crystals down along the body, facing inwards. You can start with a basic mandala to a mandala working stronger on the activation of the chakras. You can use double pointed crystals on the chakras so they take the energy from both sides.
If you have a person not used to work with frequencies and energies, don’t put crystals around the head for too long or on the chakras because he or she can feel a bit disorientated or have a headache. Doing so (mandalas), you are helping in expanding the person’s consciousness. Unless you are well tuned with your guidance or you can see the energies, be a little bit careful with it.
Do little rather than more until you get used to it.
Facilitating a person's wholeness is facilitating his or her expansion of consciousness. With this kind of set up you can also put your hands on the person. It is very beneficial during the energising stage.
To further amplify the energies in this situation, get yourself a sports band around your wrists and put a crystal in the middle of your wrists, pointing down. This is amplifying the healing energies coming through the meridians.
You can also put a crystal in each hand of the person, pointing up and when you turn the crystals you turn them also so they are pointing down. This is a very basic healing mandala but actually very strong.
Be careful with the energies. Don’t overdrive the person. You are responsible. You may not feel the energies yourself but this is not that things are not working.

We started this morning with some chanting. These are sounds that come from Atlantis. The sounds are in the book. A lot of people are not opened to making sounds. They think they look silly but in fact sound is the essence of creation. When you chant like we did yesterday the names of Krishna, you bring the energies of those aspects of Mother/Father God. In fact you can say that mantras are activations of healing. We’ll do this in a traditional way. These are Atlantis healing chants that are incarnated from Atlantis and they are very useful in today’s world also.

You feel the energies when you chant those chants going all through your body.
Answering a question: You used bells and crystal bowls at the Atlantis times. I can often hear the tones of the bowls

when chanting them.

Answering a question: If you change the tones you will probably use a different tone to make it more suitable to you or to the person you are working with. Tone is also important in your lives. We have all the music scale but the trigger code is in the sound rather than in the tone. By adjusting the tones as we said earlier it would be adjusted to yourself, the person or the group you are working with. Follow your guidance.
I work with tones occasionally. If I'm working with Wyamus for example I chant with a deep voice. I have a specific tone for breaking down crystallisation in the true heart chakra and it is really a high tone for me. Also, when you are making tones we have got all the upstairs department that can help you in your tuning. One of them is a being when he told me what his name was I thought it was a joke: Galltone. You can call on help for those two when you are toning..

Answering a question about the sound 18: We do have a process that we can use to enhance abilities in healing, in channelling, in connection. It is a system of implantation of etheric crystals in the palms, in the feet, in the 3rd eye, in chakras. It is very important to understand these words. We implant the crystals in accordance with the Divine Will and the Will of the I am Presence of the person or the people and as well as that programme these crystals will dissolve or they will transmute into pure divine light and unconditional love when no longer they serve the purpose.

We will do this crystal process with the body. In my experience of it, it is amplifying healing energies, bringing down the high vibrations energies. You have this process in your books. It is very important if you are going to share this process with anybody else to make it in accordance with the Divine Will and in accordance with the higher self or the I am Presence of the other person. Another thing you should do is to programme the crystals to dissolve themselves when they no longer serve you for the highest good.
If you incarnate on this planet again, if you quit your body before the ascension process takes place and you come back again, you bring back the crystals with your body and maybe this kind of energy is not needed. If it is not needed you maintain yourself back instead of bringing yourself forward.
I have also seen people, in my work as a healing facilitator, with crystals in different parts of their body. When I first saw that I thought: "I wonder why they have those crystals". They had actually been implanted in different incarnations and there never had been a programme in them that they should automatically dissolve when time comes when they are not needed.
Would you like to do this process?
I'm going to lead you through it.
Close your eyes and take some deep breathes.

First of all visualise two crystals of emerald green colour. These crystals are cut in the traditional shape, rectangular shape. Each crystal is going into the palm of each of your hands. These crystals function to amplify healing energies as they flow through your hands. We bring these emerald green crystals into your hands now.
Now we bring two single terminated crystals of pale rose colour and we install them in the bow of each of your feet. The termination or the points are facing towards your head. These crystals are completing a circuitry. Now we bring these crystals into your feet.
One single terminated crystal, which is amber in colour, is now generated. We install this crystal in your navel. The termination of the crystal projects out of the body and we install this crystal now.
A single terminated crystal of cobalt blue in colour is now generated. This crystal is installed in your throat chakra. The termination of the crystal points towards the top of your head. This crystal will give you additional strain your speech and to face your truth. As individuals you will find yourself facing your truth without thinking of being a victim or making compromises that you don't want to make.
A three-sided pyramid crystal, pale violet in colour, is now being generated. This is installed into the crown chakra, the point projecting out of the top of the head. This is the upper anchor of the circuitry and we install this crystal now. For those wishing to achieve a communication with higher dimensional realities you can mentally activate this crystal to amplify your channelling abilities.
Now we generate another three three-sided pyramids of clear crystal. We install these crystals, one in your third eye and one in each of your physical eyes. The points of the pyramids are facing out of the eyes. This is a trinity of energy, which unites the aspects of the vision and helps the person to see in total truth. It helps you to see things using universal truth instead of reacting emotionally. This awareness assists us in life so we don't make errors of judgement

relating to others and ourselves. We install these crystals now.
Now we generate a multi-facetted clear crystal. This crystal is installed in the true heart chakra, at the thymus gland. This crystal is also programmed to spin slowly and this multi-facetted crystal will reflect every colour of the universe throughout your body. We install this crystal now.
All these crystals are installed in accordance with the Will of you I am Presence and the Divine Will.
I affirm, I, Hari Babba, Yeovah, Sandiel, affirm that when these crystals no longer serve you for good they will dissolve back in the energy of the universe.
All these crystals will do nothing but working in accordance with the Divine Will and the Will of your I am Presence. These crystals cannot be used for anything else except for their intended uses. No other energy or being in creation can change the uses of these crystals except your own Divine I am Presence and so it is throughout eternity.
Now, at this moment, I start to bring the energy of activation of the crystals.
I bring the energy of the Divine Light, Unconditional Love and Cosmic Truth. You may now, each and every one of you, make an affirmation: I now activate my crystals in accordance with the Will of my I am Presence and the Divine Source of all things. I am that I am.
Just feel the energies in the crystals. May be now the energies start to gather in your hands, some kind of sensations in the palms of your hands.
At this time I will ask to your I am Presence whether it is appropriate for you to have the energy activated in your fingers so the energy will go through your fingers like lasers. We activate those channels of energy for you now.
We activate the crystals in the bows of your feet, the rosy crystals.
We activate the crystal in your navel. The one in your heart starts to spin now, bringing all the colours of God's love, of the Divine Light. We activate the throat crystal, the eyes crystals. We do that now. We activate the crystal in the throat chakra. We do that now.
This crystal grid within you, keep on activating it, as a natural process but you can also speed the activation of those crystals in accordance with your I am Presence. Just affirm that the activation process is getting faster and faster. We ask you not to go too fast because it may cause some degree of disorientation.
In all these crystals we installed the divine codes, which bring your DNA sequences back into integrity and clear all the blockages. We also code them with the vecta codes to clear the seals on your bodies. We do this now.
You can start bringing yourself back in the awareness of your physical body.

Merlin wants to give you a small talk.
Good afternoon, I am Merlin. I have, of course, observed over the previous days that many of you have made some big changes, some big steps forward in your consciousness, that you have had much fun and much adventure with the crystals. Many of you know that Merlin is a magician and many of you wonder what being a magician really is. Magic is magic, no matter what other label you try to place upon it. You could call it New Age philosophy, you could call it crystal technology, the science of meditation or healing but the basis of all these things is magic. Magic is not when you go around with a wand and going "puff" "puff" "puff" and expecting sparks and clouds of smoke to appear. Magic is about allowing the energy of god and goddess to manifest through you and understanding that this energy of god and goddess is the source of all things, is all-powerful.
This one has spoken to you on a number of occasions about doubt and there is only doubt that prevents you from standing in your full power. Now, when you think of the glory or the greatness of the Mother /Father Source and when you think of the smallness of this energy that you know as doubt, what does it bring to your mind? It, of course, in human beings, brings many things to the mind. First of all let me tell you what doubt is. It is an energy that is based on fear. Many will try to tell you that fear is the opposite of love but fear is not the opposite of love. Mother/Father Source is love and fear is an illusion generated by the conscious mind. It's true, the interaction with the illusion make you feel that you are separated from Mother/Father Source. It is a product of the illusion that you are nothing and you are completely on your own. My advice to you on how to deal with this illusion is: love yourself unconditionally. Loving yourself unconditionally means no judgement. Judgement is the result of the illusion of separation. Understand that you are the perfection of Mother/Father God now. All these energies of doubt and fear, I remind you again, are a product of your conscious mind and your ego in association with the illusion.
Magic is being yourself, being that individual spark of god and goddess and understanding that none of you, as human beings, are the same. You are individuals and therefore your magical path, as an individual, is different from the person sat next to you. Many of you have interacted with the illusion of separateness for many lives and every life, when you come back to this Earth; you again bring the illusion of separateness with you.

Many would ask how to stand in one's own power. It is very easy. With the knowledge that you are the perfection of god and goddess, you should be without problem associated with your self-realisation. The only problem that you can generate is by going into the energy of denial, the denial of your greatness, your power, your glory, your love and your beauty.
Sounds familiar to anybody?
Of course, I do not judge you for your interactions with the illusion of separateness; I am here merely to remind you your oneness.
You have been taught or many things have been shared with you about how to work with the consciousness of these living beings you know as quartz crystals and be sure, to use the words of Sananda, these crystals are the promise of Mother Earth and Mother/Father God of the love that is yours, for the receiving. Notice here that I didn't say yours for the taking! Open yourselves to the magic of this love for unconditional love transmutes everything. Open yourselves to the love that the consciousness of these crystals brings you. Where or how do you think these crystals get their love to pass on to you? From the same place as it is available to you: from Mother/Father God.
Of course, questions have been asked why use crystals? It is an easy answer. Some people do not feel at this moment capable of just opening and receiving. The crystals can work with you as your friends and they, as friends, can show you this love. Many wonder, deep in their hearts, what this term "love" really means. The love of which we speak is not the emotional love that most humans upon the Earth experience at some time or another. It is a state of being and this state of being is being in wholeness. Wholeness is love.
When you use your crystal technologies and your crystal friends to facilitate healing for to people, that is what you are doing: you are bringing them into wholeness, the wholeness of love for themselves.
I have to remind you that this is also illusion to believe that you can love others if you don't love yourself. Many will speak about the ancient alchemists; the quest for the formulae to transmute led of other base metal into sparkling gold. This quest, of course, was not transmutation of this metal into gold. Through interaction with the illusion the alchemists thought this is possible. They also thought through their greed into the third dimension that they will become very rich but in fact – there is some strange sounds here- the truth about alchemy is that it is a quest for transmuting based consciousness into the consciousness of Mother/Father God and the achievement of this is magic. It brings about the realisation of your true self and what you are and with this realisation and this love you can create anything. Consciously create!
Consciously you have already created your situations. Have you notice how powerful your creations are? You are living within your creations. If you consciously create, imagine how much more powerful your creations could be! The magic of life! The magic of your life is being the creator of your situations! The creator of your abundance!
- We have very busy people around us -
For a moment I thought I would create some magic and make them think about something else. Their consciousness and their I am Presence are telling me that they need to keep focus on the task. So, we will allow them the pleasure of their own magic. Just the same as we allow you the pleasure of may be even the displeasure of your own creations.
It is very true and very obvious that the energies upon planet Earth continuously transmute and change and as these energies transmute and change, humans also transmute and change. They are entering a period of planetary history that is moving faster and faster. To go through these changes you need to be aware of your potential of creation and through allowing this magic to flow through your life streams smoothly makes this transition. Remember not only are you alchemists, you are also chameleons. It is possible for you to adapt to any energetic situation. Again I say to you do not judge yourself, allow yourself to go forward with joy and happiness in your hearts and minds. In other words, be compassionate to yourself until the transformation to love takes place. Very easy! There is nothing difficult about any of this. The only difficulty that you can experience is your insistence to interact with the illusion of fear.
That is the end of this brief lesson to you on alchemy. I would ask you now if there is any question. I will take one or two questions. Nobody wants to speak with Merlin?

Question: Before coming to planet Earth we have a plan but if we don't fulfil the plan what's happening, there is no judgement?
Answer: You have the choice, whether you fulfil your mission or not. There is no judgement in fulfilment or non-fulfilment. Remember, you were told by this channel which I am using the story of the changes of plan. Remember that a few days ago or maybe even yesterday the channel told you the story of Krishnamurti. You can fulfil your mission or not. There is no judgement. Of course, you may choose to judge yourself and there is nothing that we can do about that except to inform you that it is counter-productive. You will find that in most circumstances fulfilling your mission is something to be enjoyed. Often your missions or your life plans seem difficult because of your potentials to

disempower yourself. Remember, I have spoken to you about creation and if you wish to fulfil your life's mission the affirmation is: "I will!"
When you say: "I" "will". You create!
The word "will" means that you will it. So, feel free, fulfil your mission or do not fulfil your mission but do not punish yourself if you do not achieve it. This is one of the reasons why the doctrine of reincarnation was taken from the text of the Christian scriptures. It is not a fanciful theory; it is historically traceable in the story of your Earth. It was done because the Church controllers thought that you were enjoying yourselves too much. One part of your consciousness was thinking: "I can always reincarnate and work again some other time" So the thought that they could keep you more controlled by telling you have only one life and keep your submission to their will.
Feel free! It is the magic of life. This planet Earth is the planet of free will. You can step into your power now or later. No judgement! It is very simple.

Another question?

Question: Is it possible to leave your body and then come back in another body keeping your memory intact?
Answer: Many ones suffer from amnesia as they grow; from being small children and their bodies grow and the conditioning is very powerful around them. You have all achieved enlightenment and ascension in oneness in other lives and there is a tendency to become so conditioned that you forget everything. Many, when they come through the reincarnation grids, they forget to remind themselves that they will not forget. Many are not sensible enough to choose their incarnation or situations, their countries, their regions, their towns, villages and parents. Remember, you have free will, you can look forward to a set of potentials or you can think: "well, I'll take a body and do the job" But I would ask you now if you have ever noticed that many of the children that have been coming in the last thirty years or so know their purpose, they know what they are supposed to be doing, they know what their plan is. The other ones that are brought with them remind their notes. If you want to know what is your mission upon this planet now, it is the easiest thing in the world to find out. Ask your glorious I am Presence because your I am Presence is the creator of your soul. Remember the Christian one of god and heaven, God being your I am Presence, not God the creator of your bodies or Mother/Father God the creator of all things. Your I am Presence doesn't suffer from amnesia. It is your I am Presence that is attempting to communicate with you 24 hours a day, 365 days a year. Again, it is the identification with the ego that makes you believe that you are separate. So, if you forget, ask your I am Presence what the plan is and it will be shared with you. Of course, you can make many excuses of self-disempowerment not to do this. Again, you have free will.
When we speak about disease many people don't understand why they suffer from disease. What do you think happens when a person manifests a phase of disease? Do you think it is some kind of accident or you are a victim of something? Remember, your I am Presence is the reason why you are here and if your I am Presence wants to withdraw from this dimensional reality then it needs to destroy the body. That's why one day you can work a miracle – a supposed miracle- and another day you can do nothing with the situation with another person.
When you incarnate, your number of breathes and the number of beats of your heart are already predestined. Of course, it is possible, in association with your I am Presence, for this to change. Your I am Presence may decide that the project is going very well and decide to extend the life of the body. The I am Presence may decide that the ego and the consciousness of the body are so ingrained in the third dimensional illusion of separation that it withdraws early and destroys the body. People ask when a small child dies why does God allow this. It has nothing to do with Mother/Father God whether a child lives or dies. Of course that is a very broad statement because Mother/Father God has love but Mother/Father God has no interest in whether energies are in a third dimensional body or in a different dimensional reality. Some beings choose just to be carried within the womb of the mother and experience birth and leave this dimensional reality, that's their life project. Others choose to be inside the mother for a period of time and then leave the womb through natural or induced circumstances. It is a very controversial subject, this subject of abortion. Believe me, no one child is aborted that does not wish it. It is the freedom and the free will. It is the choice of the being. You see there is much more to life that many would understand.
You must have heard the New Age phrase: "This is your wake-up call". Ask your I am Presence: "Is it time for me to wake-up? What year, what day, month or hour is my wake-up set for and I am listening for the tone". Is this a satisfactory answer to you?

Would anymore would talk with Merlin or do you think he is too holly and magical?

Before anybody else would like to speak I would like to ask you, all of you, a general question. I would give you an opportunity for you to ask me questions; you are not taking it so now I question each and every one of you. Who do you think or who do you believe that the Ascended Ones are?
The answer to the question I will give you: they are you, each and every one of you. Who are the Masters of creation? You, each and every one of you. Not only the beings in this room but all the beings on Earth, whether they know it through their ego and their conscious mind or not. This should make you understand that you are our equals. In fact we are sisters and brothers in creation. The only difference to this is that you have taken on projects in association with the Mother Earth, the goddess Gaïa and you have chosen to put yourself in a situation where it is possible for you to forget that you are a master of creation that you are a master of your universe. You are a master of your world and now is the time to remember. We don't support you in love for the reason that we think that you are inferior to us. We support you in love because you are our equals.
Allow the magic into your hearts and lives. Wake-up and realise the glory that is yourselves. Promise yourselves through your hearts, through your minds and through your souls that today will be the day that you will live in magic forever more. Remember the dream of many humans that is creating heaven upon the Earth. You should, by now, realise how strong you creation abilities are because you have only to look around you and see what humans have already created upon this Earth. If you could manifest outwardly from yourselves oppression and suppression and lack, well then, you can easily create harmony and peace in heavenly way. It even takes less money to create heaven than oppress, suppress and kill. It is much cheaper to give people food and spiritual education than it is to kill them. Hold the vision of equality because it is through vision and dream that we create. People complain about the state of the world in third dimensional reality. They complain about the war and the strife. It is a reflection of all is going on in the hearts of many humans - as above, so below.

So, magicians in love, I will leave you with my love and my support and my encouragement. I remind you again, every one of you, this is marvellous this Mother/Father God. In that marvel and magic I leave you and the divine within my consciousness sees, salutes and recognises the divine within your consciousness.
NAMASTE.

MAHATMA MEDITATION

Let's start with a few deep breaths, centre ourselves and quieten ourselves. With each in-breath feel yourselves being energised with the energies of Light and Love, and with each out-breath breathe out the stresses and strains of the day, the week, the life.

Centre yourself with your breaths, so now as you are breathing in just ask for permission from your Soul and your I Am Presence to carry on with this work, this grounding of the Mahatma energy. I am sure you will all find that you have a stamp and seal of approval from your I Am Presence and from your Soul to carry on this work. Feel the energy of Love flow into you through your higher chakras, through your Soul Star, which is located six to nine inches above your head. And now, just allow to flow into your body an energy which is electrical aqua-blue in colour. You may like to visualise this energy. We would ask you not to concentrate too hard on the visualisation because this will take your mind away from allowing the energy to flow through you. This is the most important part, just allowing this aqua-blue energy to flow through you. Just allow this energy to flow completely through your cellular structure, completely through your molecular structure, because this electric aqua-blue is a colour which is a great conductor of energies. It allows other energies to flow. So feel the electric aqua-blue flowing through you.

Now, through visualisation, open up this channel of energy from your Soul Star to your Earth Star. between your feet. This channel of energy goes through all your physical body chakras. Just feel the energy opening, opening this channel, and as the energy flows through the channel becomes wider and clearer. This electrical aqua-blue clears out all the debris, and all your physical body chakras come into harmony and balance.

So now invite the Mahatma energy, simply by repeating the name "Mahatma" and allow its gold aspect to flow through you, and through your channel into the Earth. Just allow the word "Mahatma" to flow through your mind. This will link you in with the I Am Presence of the Source. Now bring this energy through your central channel. Allow it to

radiate into all your body and into your auric field. Allow this silver and gold energy to start permeating your cellular structure and your aura, expanding your aura with the energy of the Mahatma. And as you fill your aura and your cellular structure with the Mahatma, allow it to flow through your feet and your Earth Star into the Earth. If you are having difficulty with grounding, ask the Archangel Sandalphon to help you in this grounding process. He always appreciates being called on.

Now move your attention to the area of your back, between your shoulder blades, where your thymus gland is. This is your true heart chakra. Many ones would know it as the higher heart. Allow this energy of Mahatma to flow in through your heart chakra, to energise your heart chakra, and to open you up to these feelings of love, these feelings of light. Feel your heart chakra opening up like a satellite dish, drawing in the silver and gold energy of love. And now as this energy of love is flowing through you, I'd like you to just say in your minds: "Trigger the Light, the Light, the Light. Trigger the Light, the Light, the Light."

Now I would ask you to see this Light flowing more and more into your cellular structure. See in your mind's eye, your third eye, or using your clairvoyance, see yourself becoming more Light. See this Light permeating the totality of your physical body. You will find that there is no resistance from the past holding you back. No resistance stopping your cellular structure from becoming Light. This energy of Mahatma has never been misused, so therefore you don't have cellular memory about being harmed by this energy. Feel this Light expanding into your aura, and again repeat in your minds; "Trigger the Light, Light, Light." And as you repeat this word "Light. Light, Light", feel the Light expanding further within you. Feel yourself becoming Light.

Now at this stage it is as well to know that your subconscious mind does not know, because of its subconscious's, that you are a fourth/fifth dimensional being.

So now make the affirmation within your mind: "I am a fourth/fifth dimensional being. I am Light." And now repeat in your minds; "Now you know, now you understand, that what you have just witnessed on a cellular Level has nothing to do with the third dimension." And now repeat: "I affirm my four body system is now fourth dimensional. I Am That I Am."

And now I would ask you to visualise your four body system.. First of all be aware of your physical body, to which your etheric body is attached. Then your emotional body, which is nine inches beyond your physical body. Then your mental body, which is about sixteen inches beyond your emotional body. And beyond your mental body is your spiritual body, which is omniscient, omnipotent and omnipresent.

I would also ask you to think of the reason why you are in your physical body. It's because of your emotional body. Now by breathing out, see those things which are no longer needed being released from those areas of your cellular body that are not in harmony. As you breath out, breath out the fear from your cellular structure. As you breath in, breath in the energy of Mahatma, this silver and gold energy. After each in breath affirm, "I am the Mahatma." And as you breath out affirm, " I am free from fear. I am Love."

Now we will just take a brief moment to again allow that gold and silver energy to flow through us to our Solar Stars into our cellular structure, through our Earth Stars into Mother Earth, through yourselves, and see yourselves becoming enlightened, becoming beings of Light. And now concentrate again on your out-breaths, breathing out to release that crystallised third dimensional consciousness. On the out breaths see it leaving your physical body, passing through your emotional body, through your mental body and into your spiritual body, (this spiritual body of course is your Lightbody). See this crystallisation of fear. See these crystallisation's of misdirected energies being transformed into Light.

Now let us concentrate on the opening of our physical body chakras, starting with the base chakra. Breath deeply, and breath through your base chakra. And as you breath out of your base chakra, see all these energies that have disassociated themselves from the Light, moving out through the emotional and mental body, into the Light. Saadalphon will help us with the grounding into the Earth. Again feel the energy of Mahatma enlightening your cellular structure, and see that your entire four body system is becoming Light. Your entire four body system is becoming Love.

Now see and feel the energy of Mahatma permeating your entire body and energy body and energy field. And again, release into the Earth all these accumulated energies that are not of the Light, and allow the Mahatma to flow into your base chakra. Again, concentrating on your base chakra, repeat : "Trigger the Light, the Light, the Light.

Expand, expand, expand into the Light. Expand into the Light."

Now we move to our second chakra. This is the polarity chakra, and it is important to integrate the two polarities, male and female, the right and left side of this chakra. See your second chakra spinning as one energy, the yin/yang symbol in the middle of it. See this yin/yang turning to white.

Now let us move to the third chakra. Again see this third chakra becoming empowered with the Mahatma, with this energy that is clearing out all the accumulated energies, and again trigger this chakra with the Light. Repeat again:

"Trigger the Light, the Light, the Light. I affirm I am Light."

Now let us go to our fourth chakra. And again see this chakra spinning in a balanced way, energised with this gold and silver energy, and again make the affirmation: "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Light." Allow your heart to open even more, and feel this expansion of the Light, this expansion of the Love within your hearts.

So now let us bring this Light into our throat chakras, activating our throat chakras with this energy of Mahatma, this energy of Love, so that we may speak about Love. so that we may convey the idea and the energy of Love with our voices to others, that we may verbally channel this energy of Love. And again, as you see your throat becoming Light, repeat the affirmation: "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Love, I affirm that I am Light."

Now let us move to our Third Eye. and again for this energy flowing through our Third Eye, activating our clairvoyant and channelling abilities, that we may use them in association with the Light, so that we may channel words, channel pictures which will help the rest of humanity to realise the Love. So again for this energy of Mahatma, this energy, of Love, cleaning out the accumulated energies that are not working in accordance with Divine Will, and again: "Trigger the Light, trigger the Light, trigger the Light." Affirm that your sixth chakra is Mahatma.

And now let us move to our crown chakras. This chakra is like a thousand petalled lotus, a lotus with a thousand petals. See it becoming an open flower, and cascading into it this energy of Light and Love, this gold and silver energy of Mahatma flowing through your thousand petalled lotus, through your open channel, through all your other balances chakras, and through your Earth Star into the Earth. Again trigger this chakra with the Light. "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Light."

And then if you visualise two meters, or five to seven feet above your crown chakra a star. We will call this your Source Star. This, my brothers and sisters, is your twelfth chakra, your twelfth chakra. Visualise a golden thread between your twelfth chakra and your crown chakra. Just visualise this golden thread connecting this star with your thousand petalled lotus in the top of your head. See and feel this gold thread becoming stronger, firmly connecting you between your twelfth chakra and your crown chakra. As you build this golden thread it will expand into a channel, and through this channel you will be able to bring your creative abilities through, which are inherent in you. Once you have built this channel connect this with your developing channel from the crown chakra to the Earth, and expand and expand, constantly taking the Mahatma energy, from Earth to Source and Source to Earth, over and over again, and as you do this, expand this tube, expand this channel. So just bring the energy, from your twelfth chakra, this Source Star, through your crown, through your body, back through to your Earth Star, and then bring the energy upwards again to your Soul Star.

Now expand and expand, until there is nothing but Light.

These exercises are the beginnings of your journey through the three hundred and fifty -two levels from Source to

Earth, and from Earth to Source. With this activation of your twelfth chakra is possible for you to go onwards and upwards, through all the levels, to the Source of Mahatma. Now feel yourselves becoming connected though all the three hundred and fifty-two Levels, right down to the Earth, and allow that energy of Mahatma to flow.





MERLIN

Now what happens when you build a crystal mandala in the shape of a six pointed star, a Star of David, with one crystal at each point? Various things happen, depending on crystal programming and the orientation of the points of the crystals. It is necessary to know that the crystal programming is important. I, Merlin, cannot stress the importance of the contents of the programming enough. It is not a question of throwing your crystals into salty water and going off and burying them. That is folly. The beings that do this kind of thing actually make work for others. They make work because others have to go to the places that these crystals were put into the ground and re-programme and re-orientate them. Often wrongly or even un-programmed crystals can create more imbalance than harmony.

In a few simple words, this activity is counter-productive. The idea of building crystal mandalas, and anchoring these pillars of light and love, is to aid the ascension of Mother Earth in a smooth and easy manner.

Mother Earth has decided to become whole. This means that she is going through her healing, and the building of these crystal mandalas aids the healing of your Earth Mother. Programme your crystals with Mother/Father God's seed blueprint plan for creation. Many ones would ask, what is this seed blueprint for creation? What do theses words mean, "Seed blueprint for creation"? The seed blueprint for creation is the Flower of Life. Many of you will have seen this symbol, the Flower of Life, the third dimensional representation of it. The Flower of Life is the template through which the energies of creation flow into your dimensional reality. That is what the seed blueprint for creation is - the Flower of Life symbol. Programme your crystals for earthwork with this symbol and the Mahatma, this energy, the I Am Presence of Mother/Father God. Further programme them that there may be no interference from any outside agency.

You may further programme so that nobody may re-programme them except for you, the person that is laying the mandala, or programming the crystals.It is as well to know, brothers and sisters of Light, Magic and Love, that crystals are often interfered with. In the past crystals have been interfered with by beings who feel that it is not in their interest that the Earth goes through a smooth transition into the fifth dimension, taking her children, and when I say children I mean her inhabitants, with her. Not only human, but animal, mineral and vegetable. So this programming is very necessary. Those of you that have been earth working with this channel and on your own (but know that you were never on your own, I was with you), know how to lay out the mandalas.

Those that may hear this, or read it at a further time, many of them will not yet know how to lay these mandalas, so I will quickly give a short instruction. Lay out the mandalas with a star, with a crystal at each point of the star (you will be building a six-pointed star remember) to bring down a column of light from the Source, and to facilitate the grounding of this energy in a concentrated way into the body of the Earth Mother, have the crystals with their points facing inwards. To spread the light over a wide area, have the crystals with their points facing outwards. Having laid your mandala, join all your crystals up with thought energy, with your finger, with a crystal, with a wand. Affirm that they are joined. This then reflects multi-dimensionally to the Source and brings down a pillar of Light and Love. It's like acupuncturing Mother Earth.

If the crystals are pointing outwards, you are spreading the light over a wide, wide area. Not only is it of benefit to build these mandalas in sacred places, in places where energies need transmuting, such as nuclear waste sites as some of you have done in this group, nuclear power stations, you can also bring a pillar of light into your homes and houses. You can build these six pointed stars in the attics of your houses. You can build them under your beds and in your gardens. For those of you that can use thought and ingenuity, you may also build them in your cars, so that when you park your car in any place upon the earth, there is a mobile pillar of light.

There's an idea for you! So as you travel about on your business, going about your pleasures, you may also have a pillar of light with you. This crystal mandala technology as we will call it, or maybe we will call it POL technology - the Pillar of Light technology - it is necessary that you spread, each and every one of you, the knowledge of this to anybody that may be inclined to listen, and utilise the knowledge that you are able to give them. I am attempting to keep the explanations and instructions to a very minimum, and to make them simple and concise. As experienced mandala builders yourselves I will now make myself available to answer your questions.

Merlins Questions

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A There is no name for this energy. This energy is thought energy.

Q Q Q Q What would you say we need to most concentrate on now?

A I would ask you to obtain, if you have not already done so, a large scale map of the area in which you live. I would ask you to look at where you have already worked, and use your inner guidance, a pendulum, or sight to see how this mandala is building in the countryside around you. You have worked now in a number of places. You will see that the mandalas that you have already built, if you mark them out on a large scale map, arebuilding a mandala of their own. And there are numerous possibilities to complete this mandala. The reason why you are not being given exact locations is because of the speed with which Mother Earth is going through her transition, and depending upon your time scale for building, and the type of mandala needed, the mandala that would be correct if you could finish all the work now, tomorrow, or in a short coming number of days, will be different from the mandala needed over a longer period of time. Do you understand what I have just said to you?

Allow me to explain it to you in another way. If you have an imbalance in your physical body, and you see a healer today, you will get one type of energy. If the imbalance starts to right itself before you go and see a healer, and you wait one, two days or one week, then the energy that you will need will be different. It will be a different remedy required. This is what I attempt to get you to understand. That the seed blueprint for creation is infinitely changing, as others build mandalas, as others in their own way, even without building mandalas, anchor pillars of light and love into the Earth's meridian system, the Earth's needs change. Your work so far, as I have said, has been commendable because you have laid a foundation. Not only have you laid a foundation, you have started a transformation of this nuclear energy, and a balancing of that energy in this area. But the rest of the work is infinitely variable, because of the previously stated reasons. Do you understand better now my friend? For Light indeed does

Q Merlin, we have used a different technique in building the crystal mandalas around the nuclear stations. We bring a beam of light down over each individual crystal. When we build mandalas at other places, would it be beneficial to also do them in this way?

A Your guidance, you could say, is working well. Or you are opening more to guidance and you were able to receive what you were being given for this transmutation of nuclear energy, this bringing down a beam of light to each individual crystal. This you could say puts an added dimension to the crystal mandala, although I have stated that these crystal mandalas reflect multi-dimensionally to Mother/Father God, so you understand that it is a pun when I say that it adds another dimension to crystal mandalas. But what happens when you bring these individual pillars of light to each individual crystal, is that you build a dome of light. When you bring it down individually it again goes back up and joins over the top, and this helps to contain and transmute the radio-activity or radio-active sites. It is not necessary to do this in more "ordinary" crystal mandala modalities. It could be said that there are places other than nuclear facilities where this could be used, but in many places it will not have the effect that you and we desire.

Q Merlin, did using Reiki symbols in the light columns that we brought in enhance the energy?

A It is very useful to include Reiki symbols in the pillars of light that you bring down. It helps to stabilise the pillar of light. It also helps to cleanse and to further align the pillars of light with the Source. It is very, very useful.

Q Did we use the correct symbols, or were there others that we could have used as well?

A I would advise you to use the following symbols - Cho Ku Rei (both in left and right handed spirals). I would also encourage you to use the symbol Mer Ka Fa Ka Lish Ma. This symbol is a Mother Energy symbol, and this will help to balance the Earth Mother herself. Each situation is individual, so follow your guidance on which other symbols you need to use. I will again say that the right and left hand spiral Cho Ku Rei's and the Mer Ka Fa Ka Lish Ma could be used in every situation, if you have been attuned to these symbols. Use you own inner guidance, your intuition, and the guidance from the beings that are aiding you in this work to tune in on the other symbols that you may or may not need to use. There will be times when you are given symbols that you don't recognise, but because you don't recognise these symbols, do not hesitate in using them.Many, many symbols have now been given by the Source. Many symbols from the 325 symbols of the original Reiki system are being incarnated again, and why shouldn't you as individuals receive these symbols.

So I say again that there may be times when you are given symbols,when they come to your mind, or you even visualise or see them outside you, that you don't recognise.Include them also in your work.

Q Even if we have not been attuned to them?

A Yes, even if you have not been attuned to them. I would ask you to realise that through being attuned to the symbols that you have been attuned to, this has had the effect of opening you up to many other things. The symbols that you will be given in these earth working situations will be relevant to that time, that purpose, that place, that instant or moment that you are working, so do not be afraid to use them.

These symbols are being given to you so that they may be used in the moment. Learn to be living in the moment. There are some symbols, the energy of which you do not have access to at this time, but you will not be given these to work with. You will know that they are not for earth healing, because you will not receive them during earth healing projects and expeditions. My friend, realise that there is no reason why you should not be given symbols for earth working, and there is no reason why you should not use them in the moment.

Q I have not been using crystals. I've been bringing in pyramids of light with Cho Ku Rei's and anything else that I have been guided to, but I do feel as if Mother Earth, at the moment, is having a bit of a struggle. She is on a bit of a wobble.

A It is true, Mother Earth is on a wobble, as you say. She is wobbling on her axis. Your use of these pyramids of light and Cho Ku Rei's is a great service to the Earth and her people, and know that there is diverse ways of working with energies and aiding and assisting the ascension process. It is not for everyone to be wandering around the Earth with these shovels over their shoulders, looking for somewhere to dig, with pockets full of rocks. There are others who like yourself are working in different ways.There are jobs for everybody. It is not like this third dimension, where many people who want to work don't have anything to do. In this Earth healing and the healing of the people there are many ways to facilitate this. What you are doing is relevant. When you Cho Ku Rei the food in a supermarket, the food in a grocery shop, or even a field of cabbages, you are introducing light into the people lives that consume this food. Introducing light into the lives of those that drink the liquids that are on sale. You are introducing light into the lives of those that use these places that you clear with your pyramids of light and Cho Ku Rei's. So I would encourage you to continue. If you feel that you need to be part of the crystal club, well buy a shovel and some crystals. If you don't feel this need, Cho Ku Rei is the way forward.

Q Are corn circles a form of Reiki symbols?

A It would not be 100% correct to say that corn circles are Reiki symbols. These corn circles, these signs, are signals in crops to various soul groups. Not only various soul groups, but various star seed families, that the time is now right for them to expand their consciousness further, to indulge in practices which before would not have been relevant. Practices which would have brought too much energy and light and too much processing into their own lives and the lives of the beings around them.

These circles are signs which say, "Wake Up! Wake Up now. This is your Wake Up call." Different people are triggered by different signs. One persons can look at a picture of a crop circle and feel nothing; another person will look at this picture and they will have a cosmic experience. The person that does not have the cosmic experience by looking at the picture, or being in the crop circle itself, is not a part of the group that is going to be triggered by that sigil.

These circles are being produced in two ways. They are being produced by codings within Mother Earth herself, which are timed to come out now. Some of them are being produced by beings which you would term extra-terrestrial. Most dwellers upon this planet have not yet realised that they are extra-terrestrial too. We have a very amusing situation on the extra-terrestrial front. It would be wrong to say that these crop circles are merely triggers, because that would negate their importance. But they are triggers. Instead of saying that they are pop-up instructions, you could say that they are lay down instructions, and the laying down of the crops in these shapes and sigils does nothing more or nothing less than trigger the consciousness of various soul groups and various star seed groups upon the planet. It is a question of seeing them and thinking "Oh, I remember why I came here now, and I must get on with this job." That is what crop circles are.

There is much mystery about them. There is the Doug and Dave syndrome, but Doug and Dave will tell you that as they make crop circles themselves in one place, others appear close by, and they don't know how they are formed. It is impossible that all crop circles all over the world are formed by tricksters. Even an unintelligent and the least thinking person upon your planet, presented with the correct information, would not come to that conclusion. Also you may or may not know that in a genuine crop circle the molecular structure of the crop itself is altered when it is made to lay down in these geometric patterns. If they are made by tricksters (and I will add here that there is nothing wrong with being a trickster and creating crop circles because at least it gets people guessing, it makes people think, even those that are not being triggered by them wonder how this could be possible, and who it was) the ones that are made by Doug and Dave, the crop is always bent and broken. The molecular structure is not altered so that they just lay down. This is how to tell a genuine crop circle from one that has been made by the hands of human beings. Many of the circles now are very complex.

In this last season in Great Britain we have even seen Flower of Life symbols. We have seen the Juliet sets. These of course have been seen in the USA and many other countries. It is becoming nearly impossible for any humans, no matter how clever they are, to reproduce these circles with planks of wood, pieces of string and garden rollers, and the other instruments that were used in the past to create such circles. Next year will see even more complicated geometric designs.

Know that you have been told this, probably by this channel, but as a human being, as an aspect of creation of Mother/Father God, you are a geometric being.

Not only do you have star tetrahedron fields around your physical body, you have sacred geometry within your physical body. You have sacred geometry, mini spinning merkabahs, mini spinning star tetrahedrons in the dense organs of your body, your liver, your spleen, your kidneys.You have sacred geometry in your blood, this crystal that is liquid, that takes light, that takes life through every cell, atom, etc. of your body. So being geometric, or knowing that you are geometric, because all of creation in the third dimension is based on geometric shapes, you must have heard these words 'the platonic solids'. They were deduced by Plato. If you look at a star tetrahedron, and spin it, and move it 360% around in all directions, not very fast, but just move it around and around, you will see within the star tetrahedron the platonic solids.

You will see the platonic solids, you are platonic solids, the whole of creation is platonic solids. The molecular structure of the quartz crystal is a tetrahedron. It is a conglomeration of billions of tetrahedrons squashed together. This gives it it's energy handling and amplifying characteristics. So as these geometric shapes that have been produced in crop circles get more and more elaborate (we will not say complicated - we will say elaborate), the energy which they produce will trigger the sacred geometry within your physical body. This in turn of course activates your consciousness.

That is what crop circles are all about.

Q We are never likely to see all of the crop circles that are being produced. We might miss the vital one for each individual, so how can we see the ones that we need to?

A Know that even if you miss sight of the crop circle, the energy of the crop circle is already, after its formation, flowing through the energy gridwork, and you, being a living being living in this gridwork, will be triggered. It is not necessary that you have sight, or that you go to the crop formation itself. If you do have sight or go to the crop formation itself sometimes it can be even as you humans say 'too much', and trigger you too quickly, and you may find the results in some ways hard to cope with. This has happened to some. I say this not to discourage you, merely as an observation.

Well, I Merlin, have enjoyed your presence. I have enjoyed being with you, and I hope that I have been helpful to you in some ways. I am going to take my leave of you. We use channels because it is difficult for us to manifest in this dense third dimensional level of reality, but as we use channels, we also wear them out. Maybe 'wear them out' is the wrong way of explaining it. But as we use channels we also use some of their energy. It is a natural process, and we would like to utilise this channel another day, so therefore I will not keep working him. We will give him a break. So I am Merlin. I bless you.

Anytime you would want me to be with you just call my name.

Adonai.

Channelled by John Armitage

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That is what crop circles are all about.

Q We are never likely to see all of the crop circles that are being produced. We might miss the vital one for each individual, so how can we see the ones that we need to?

A Know that even if you miss sight of the crop circle, the energy of the crop circle is already, after its formation, flowing through the energy gridwork, and you, being a living being living in this gridwork, will be triggered. It is not necessary that you have sight, or that you go to the crop formation itself. If you do have sight or go to the crop formation itself sometimes it can be even as you humans say 'too much', and trigger you too quickly, and you may find the results in some ways hard to cope with. This has happened to some. I say this not to discourage you, merely as an observation.

Well, I Merlin, have enjoyed your presence. I have enjoyed being with you, and I hope that I have been helpful to you in some ways. I am going to take my leave of you. We use channels because it is difficult for us to manifest in this dense third dimensional level of reality, but as we use channels, we also wear them out. Maybe 'wear them out' is the wrong way of explaining it. But as we use channels we also use some of their energy. It is a natural process, and we would like to utilise this channel another day, so therefore I will not keep working him. We will give him a break. So I am Merlin. I bless you.

Anytime you would want me to be with you just call my name.

Adonai.

Channelled by John Armitage



THE CHAKRA SYSTEM

Chakras are the energy centers of our body, which interface between our various dimensional bodies, acting like transformers to tone down energy coming from higher dimensions into lower ones, so that eventually we can absorb the energy into our body, without burning out any circuits in our nervous system. There are seven major chakras in our physical body, recognized throughout the ages my metaphysicians and native medicine people alike. There are actually hundreds of chakras throughout our body. If you are familiar with the meridian system used by acupuncturists, Shiatsu and other massage practitioners, each place where these meridian lines cross is a small chakra. We also have major chakras in our hands, feet, below our feet, and many above our head.

These chakras are actually small vortices of swirling energy. Chakra in Sanskrit means "wheel"; these wheels of energy spin life force energy from Source, from the ethers, making it possible for us to be spiritual beings living out a lifetime in a human physical body. Thus keeping these vortices clear and functioning properly is vital to the health and well-being, not only of our physical body, but also of our etheric bodies.

Most of the blockages to energy flow that we create are in our mental body (around 24" out from our physical body) and in our emotional body (around 8" out), and/or in our physical body. A limiting thought (mental) or traumatic event (emotional) usually triggers the tightening in one of these etheric bodies, which leads to a blockage of the energy flow, if not released. As we refuse to face these inner demons of ours, these energy blocks move in through the bodies, until finally as a last resort they enter the physical body and become what we call "disease". Disease is actually our Higher Self's last ditch attempt to get our attention about some imbalance that we need to correct, some trauma or thought pattern that we need to release or change, in order to continue to develop as a spiritual being in a human body.

These crystallized thoughtforms or what have you are blocking our life force. They are obstructing the energy flow through the chakras and meridians. They are choking off our chi. Clearing the major chakras can help to reactivate energy to our whole four-body system (physical, mental, emotional, spiritual). This can be done in many ways. I am offering you a few chakra cleansing exercises using energy and color visualization meditations in this section. I advise you to pick the ones that resonate with you, and to continue with one or two of them daily.

Other ways of clearing the chakras include vibrational remedies such as flower essences and gem elixirs (see section on Transformational Tools later in this manual), toning/singing/sounding (see chakra diagram, tones), crystal bowls, chimes, gongs, drums, Shamballa and other energy work, crystals, yoga, massage and other body work, and more. I encourage you to investigate thoses that draw you, and to incorporate them into your daily practice.

Any physical problem can be treated through the chakras. This is why the traditional Reiki hand positions concentrated on the chakra system. Each chakra has organs and glands associated with it, that draw their life force energy through it.

THE MAJOR CHAKRAS (Colors listed are 3rd dimensional colors, and are the ones which will OPEN that chakra; you may see another color in a chakra. Other colors will close, or slow it down, or possibly reverse the spin of that chakra. Sometimes this is what you are after. If the color you see is a clear and beautiful color, do not worry about it. Colors that we see in 3D appear different viewed from or in other dimensions.)

There are many many chakras in our bodies. The ones below are the major chakras, which are aligned along the central axis of the body. They are connected via a tube of light sometimes called the antahkarana. Chakras 1-3 are the physical chakras; they are where we store most of our emotional baggage. When we have cleared them totally, they will become one chakra. Eventually all of the chakras will combine to form one tube of light extending up through our body.
So if you don't "see" things as they are listed below, know that we are a work in progress, and we are progressing very rapidly indeed.

EARTHSTAR CHAKRA: about 8" below your feet, connects you to Mother Earth and keeps you grounded.

FIRST/BASE CHAKRA: Base of the spine, has to do with survival issues. RED

SECOND CHAKRA (hara): The Creative or Sexual chakra. Lower abdomen, below the navel. Affects adrenals. Creativity. Memories of sexual experiences are often stored here. ORANGE

THIRD CHAKRA: Solar Plexus, just above navel. Emotional chakra. Metabolic and vital energy, psychological and emotional energy flow. Ability to complete. YELLOW

FOURTH CHAKRA: Thymus/Heart chakra. Just over the heart. Acceptance of Self, others, and conditions. Service without effort. Higher spiritual experience of compassion, clairsentience. Unconditional Love. The central chakra for transformation and ascension.
GREEN, or PINK surrounded with GREEN (like watermelon tourmaline).

FIFTH CHAKRA: Throat, near Thyroid gland. Relates to the cycle of giving and receiving, communication with others. SKY BLUE

SIXTH CHAKRA: Third Eye, Brow, above and between the eyes. Affects pineal gland. Relates to seeing reality, intuition, ability to discriminate and choose options. Psychic abilities. INDIGO background with White Star at the center.

SEVENTH CHAKRA: Crown. Top of the head. Relates to the ability to take ideas from abstract to concrete form. Connection with other dimensional parts of the Self, and with spiritual guidance. VIOLET

EIGHTH CHAKRA: First of the Higher Chakras, above the head. Known as the Soul Star. Could be termed the Seat of Existence. LUMINESCENT GREEN-VIOLET

NINTH CHAKRA: Relates to the lightbody. This is not the time nor place to go into the lightbody and its functions, but this chakra relates to joy. LUMINESCENT GREEN-BLUE

TENTH CHAKRA: Concerned with the male/female balance within. When this chakra is balanced, it is very eays to be healthy and connected with your soul. PEARLESCENT WHITE

ELEVENTH CHAKRA: Connects you to the New Age energies. The energy is the energy of freedom. It allows you to process stored traumas, etc. LUMINESCENT PINK-ORANGE

TWELFTH CHAKRA: Connects you to Christ Consciousness, the human evolutionary potential. This energy connects all forms of energy together. SHIMMERING GOLD

There many more chakras that relate to the 4th, 5th and higher dimensions of experience. See Prelude to Ascension: Tools for Transformation, Janet McClure. Also Soul Psychology, by Joshua David Stone. (Listed in Resources section of Appendices of this Manual.)

ONE METHOD OF CHAKRA BALANCING

A healthy body and mind means that the chakras are in balance. The chakra system is the balance mechanism for the psychological and emotional aspects. The chakra system functions as a unit. The flow of energies between the chakras should be balanced.

1. Hold the fingers of the Right hand in a "tripod" position as you move from chakra to chakra (very light contact). Remember you are connecting on an energy level.

2. Hold the Left hand about one inch above the crown chakra (the receiver is lying face up) until you feel the energy flow to the palm of your left hand.

3. After you determine the energy level in the subject's crown chakra, use the tripod position with your Right hand over the Sixth Chakra (keeping your Left hand on the crown to monitor energy flow). When the two flows are balanced (this may take a minute or so), move your Right hand to the next chakra, again holding a tripod position over the chakra you are now balancing.

4. When all the chakras have been balanced, brush the energy from the groin to the chin (between 15-20 strokes), keeping your Left hand above the Crown Chakra; then brush up the energy and intermittently remove your hand from the Crown Chakra as you stroke.

Another way to balance the chakra system is to check the energy of each chakra with a pendulum. We are looking for an energetic clockwise motion (not still, or counterclockwise; also not racing). Move your hand (you may hold a cleansed and programmed crystal if you like) in a clockwise motion over the chakra, periodically checking with the pendulum, until the desired swing is achieved. You may use toning as well as motion over each chakra, and have the person visualize a clear bright appropriate color coming in (see chakra definitions for the colors). Or you can ask the person to tell you what they see, and when all cloudiness or darkness leaves, and a bright color comes in, then you are finished. This is for the physical body chakras.

EXERCISE TO SPIN THE CHAKRAS

This exercise assists you to spin and balance your chakras. Each chakra has a color associated with it, and should be spinning in a particular direction, both front and back. To find which way your chakras should be spinning, hold your Right hand out, stick out your thumb and curl your other four fingers against your palm (hitch-hiking pose). When you point your right thumb with your fingers curled toward the center of a chakra, imagine that the chakra is spinning in the direction your fingers are curled. For example, to check the correct spin for your root chakra, hold your Right hand between your legs with your thumb pointing up, and look at the direction of your curled fingers. Notice that the direction of spin on the front of a chakra is the opposite of the direction of spin on the back of a chakra.

As you do this exercise, notice which chakra colors are hard to visualize, or which chakras seem stuck, spinning n the wrong direction, or not spinning in a round circle. Also notice which chakras are already balanced. This may give you some clues as to where you need to focus your personal healing exploration and work.

You can command your chakras to spin at the correct speed, in the correct shape, at the correct frequency, in the correct direction. Do not struggle or make too much effort with this exercise. Continue with each of the following steps until the chakra feels balanced and spinning, and you can visualize the colors clearly. You may notice that your energy and awareness moves up to the next chakra when the one you are working on is complete. YOU MAY WISH TO SUBSTITUTE THE MAHATMA [GOLD-SILVER-VIOLET] ENERGY FOR ALL OF THE COLORS MENTIONED. (I recommend this.)

Begin this exercise by connecting to the Earth (see Grounding section).

1. As you breathe in, imagine you are breathing RED (or Mahatma Gold-Silver-Violet) energy up your legs and into your ROOT CHAKRA. Also allow your breath to bring in red energy from the air. At the same time, spin your chakra in the correct direction. With each new breath, allow more red energy to move up your legs, to fill and balance your ROOT CHAKRA. Continue to breathe RED energy until it feels balanced.

2. With your next breath move your awareness up to your SECOND CHAKRA. Allow the RED energy from your ROOT CHAKRA to move up and into ORANGE energy in your SECOND CHAKRA. Visualize the correct spin for both the front and the back of your SECOND CHAKRA. With each new breath, feel the earth energy move up your legs, into RED for your FIRST CHAKRA and ORANGE for your SECOND CHAKRA. Allow ORANGE energy to come in from the air. Continue to breathe orange into your SECOND CHAKRA until it feels balanced.

3. Continue as above, moving RED energy up to become ORANGE energy up to your THIRD CHAKRA (solar plexus) to become YELLOW. Visualize the correct spin, front and back, and breathe in YELLOW energy until your

THIRD CHAKRA feels balanced.

4. RED to ORANGE to YELLOW up to GREEN in the FOURTH (heart/thymus) CHAKRA. Visualize spin, front and back. Breathe in GREEN energy until this chakra feels balanced.

5. RED to ORANGE to YELLOW to GREEN to BLUE in your FIFTH (throat) CHAKRA. Visualize correct spin, front and back. Breathe in BLUE energy until this chakra feels balanced.

6. RED to ORANGE to YELLOW to GREEN to BLUE to INDIGO in your SIXTH CHAKRA (Third Eye). Visualize correct spin, front and back. Breathe in INDIGO energy until your SIXTH CHAKRA feels balanced.

7. RED to ORANGE to YELLOW to GREEN to BLUE to INDIGO to VIOLET in your SEVENTH CHAKRA. Visualize correct spin. Breathe in VIOLET energy until your SEVENTH CHAKRA feels balanced.

8. Continue on up through the Higher Chakras:
EIGHTH: luminescent EMERALD GREEN-VIOLET
NINTH: luminescent BLUE GREEN
TENTH: PEARLESCENT WHITE
ELEVENTH: luminescent PINK-ORANGE
TWELFTH: shimmering GOLD

40-BREATH MEDITATION FOR ENERGIZING

The center of the chi or ki power is 2" below the navel in the hara. At this point, Earth energy, moving in horizontal waves parallel to the Earth's surface, intersects spiritual energy moving up and down the spine. Some forms of martial arts teach similar meditations, to increase or store chi. Notice that during this meditation, you are connecting different energies when you touch your thumb to varying fingers.

1. Sit comfortably. Touch thumb and index finger together on each hand, rest your hands on your knees.

2. Inhale through your nose to a count of 4, visualizing white light coming into your heart/thymus.

3. Exhale through your mouth to the count of 4, visualizing light moving from the heart to the ki center, 2" below the navel, and thinking, Take this vital source and store it.

4. Repeat the inhale and exhale 3 more times (for a total of 4 times for each finger). On the 4th exhale, hold the breath out for 20 counts.

5. Move your thumb to your next finger on each hand.

6. Repeat steps 2-4 nine more times (for a total of 10; 10x4=40 breaths), moving the thumb to the next finger each time. This thumb movement is used to count the 10 sets.

AFFIRMATIONS FOR ENERGY BALANCING

ROOT: I trust my Higher Self fulfils all my needs. My life is full of prosperity.

2nd: I accept and acknowledge my sexuality. My physical health is strong and pure.

3rd: In a smooth and healthy way, I release all unresolved emotions. I claim my personal power.

HEART: I freely and easily give and receive love. I totally forgive myself and others for all past errors and judgments.

THROAT: I easily and gracefully express my deepest feelings and emotions.

THIRD EYE: My inner vision is clear and strong. I trust my intuition and inner vision.

CROWN: I accept and acknowledge my spirituality.

8th: I now release all old patterns and old crystallized enrgies that are blocking the free flow of Source energy through my 4-body system.

9th: The nature of the Soul is joy. I invoke the energies of joy.

10th: I AM the Soul. I AM the Light Divine. I AM Love, I AM Will, I AM that I AM.

11th: We know, oh Source of Light and Love, about the Need. Touch our hearts anew with Love, that we too may love and give.

12th: I wish to align myself with All That Is, my own I AM Presence, Mahatma. I AM a perfect light being, one with Source.

CHAKRAS 13-16

There are no Rays available to us (as yet) above the 12th Ray, but we are at least partially accessing--or getting ready to access--chakras above the 12th.

CHAKRA 13--MANIFESTING ABUNDANCE (Pale Violet-Pink): The reality of 4D is abundance--inclusion--enough for all. Scarcity is the reality of 3D. Scarcity leads to fear and competition, the have and have-not mentality. At this time there is great resistance from the collective to let go of the vibration of scarcity, which hinders complete abundance manifestation. We can access this chakra, and help in the transition process.

CHAKRA 14--DIVINE PLAN (Deep Blue-Violet): When humanity moves beyond polarity, we will be able to use teh 14th chakra, which is the potential available to manifest in 4D. We must first master the integration of polarities. Through integrating the 4D chakra we are able to affect the energy grids of the Earth and other living things. At this time we can begin to activate this chakra, but full implementation is yet to come.

CHAKRA 15--MONADIC CONNECTION (Golden White): Activation of this chakra represents the end of individual perspective and the introduction of the collective power of similar energy fields merging together. It reminds us that the process of evolution is unlimited.

CHAKRA 16--ASCENSION--UNIVERSAL BEING (Violet White): Fifth Dimension. Awareness of the multidimensionality of humanity. Healing the gap between what IS and what CAN BE. Seeing humanity as a whole, interdependent with all other lifeforms. Ability to affect the mass consciousness. The highest level of consciousness now available to humans.

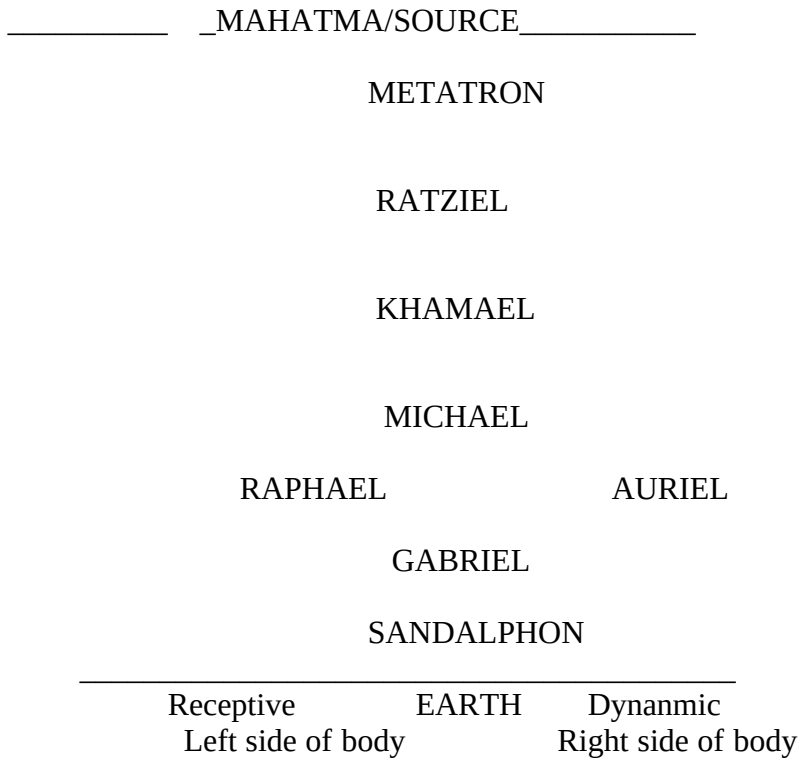
Meditation to Activate Chakras 8-12 and Bring in RAYS 8-12

Visualize a beautiful Ray of luminous Green-Violet Light, coming down from the Source Star, coming down through your channel and spreading throughout your entire four-body system. This Eighth Ray permeates your entire being. Bathe the emotional body in its light, feeling it be cleansed and balanced. Bring its green-violet luminosity into the third-eye chakra in the center of the forehead. This should be done gradually, so as not to overenergize the area. As the Light comes in, view it like a tunnel opening. See a light at the end of the tunnel. Go into it, and see beyond the light. If you have a clear quartz crystal, now place it over the Third Eye area, and bring the Eighth Ray through it. ? AFFIRM: “I now release all old patterns and old crystallized energies that are blocking the free flow of the Source energy through my four-body system. I release these NOW to the Eighth Ray, and to the transformative energies of the Seventh.”

Now see a luminescent green-blue, a light aqua Ray beaming down from Source, permeating your entire body, your four-body system. This is the Ninth Ray, which tunes you in to your Body of Light/Soul body. AFFIRM: “The nature of the Soul is joy. As the Soul, I invoke the energies of joy!”

Envision now a beautiful pearlescent white Light beamed down from Source, through your Source Star, into your channel and your entire being. The Tenth Ray , if you allow it, can actually code the Body of Light into the physical structure. It IS the Body of Light. This Ray can enable you to lock in those changes that you’re seeking to make. (Meditation from Brian Grattan):

To work with the Tenth Ray (1) Bring in the Mahatma white-gold light of the Source, down from the Source Star through your whole channel all the way to the center of the Earth. Ground, ground, ground. (2)Then ask the Archangels, one at a time, to come into your four-body system: Metatron into your Soul-level; Ratziel into your crown/third-eye area; Khamael into your throat/heart chakras. Michael into your solar plexus. Raphael-Auriel-Gabriel into your polarity chakra. (See Michael-Raphael-Auriel-Gabriel as a square unit, four cornerstones who work together). Sandalphon into your base chakra. It is very important to see and hold the alignment between Metatron and Sandalphon; these two are inextricably linked to each other.



3) Invite the Tenth Ray into your entire channel. See this luminescent pearl Light flowing through your whole beingness and into the center of the Earth with the Mahatma energy. Visualize this as a waterfall engulfing every cell in your physical body. (4) Call on the Mother energy for support. Feel the Goddess energy permeating your beingness and anchoring in your heart chakra. Once she is comfortably anchored there, see her energy flowing through you and anchoring into the center of the Earth. The secret to working with the Tenth Ray is to integrate, integrate, integrate all aspects of yourself and then completely let go of the mental and emotional bodies and allow the Tenth Ray to become the new you and the beginning of your new physical-spiritual body! AFFIRM: “I am the Soul/Monad, I am the Light Divine, I am Love, I am Will, I am Fixed Design.”

Now visualize a luminous pink-orange Light flowing down from Source, permeating your being. This Eleventh Ray gets you in touch with Divine Love expanded by Divine Wisdom. It is a bridge to the New Age on Earth. Its penetrating energy helps to remove the final remnants of old energy that need to be cleaned out. This Ray gives you the opportunity to clean up anything missed by the Eighth Ray, and also to balance self. A good way to work with it is

to cover yourself, or a specific area, or the whole world with a blanket of it. And as you do, see the Earth begin to absorb this type of energy. In its most ideal way, it is a very balanced type of energy and will add to your balance. This is the Ray of Service. AFFIRM: "We know, oh Source of Light and Love, about the need. Touch our hearts anew with Love, that we too may love and give."

Last, we focus once again on the beautiful golden/white Ray which we have been invoking throughout this initiation. The Twelfth Ray is a combination of all Rays, all possibilities. The Ray of the New Age. This is the new level for humanity, and it means that humanity will be in touch with this level fourth-dimensionally, with the Creator level—as the Mahatma—now aligning with planet Earth….It is an entirely new beginning where conscious interaction takes place more completely with the Source level. AFFIRM: "I wish to align myself with All That Is, my own I AM PRESENCE, Mahatma. Affirm to your emotional body, "you are loved and are part of this entire Light being which is us, but you do not run me. I AM the Soul. I AM the Monad. I AM the Mahatma. I AM a perfect Light Being, one with Source." Affirm this also to your physical and mental bodies. End with, " I now open myself to receive Mahatma, and give thanks for the spiritual abundance in my life. So be it!"

The subtle Bodies

We are spiritual beings inhabiting a physical body. We are MUCH more than our physical body alone. The other-dimensional bodies that make up our totality are often referred to as etheric bodies or subtle bodies and are only visible to those who can see into other dimensions. Each of these has different names in different systems (see diagrams).

Our physical body is surrounded and penetrated by the Etheric Body. This is seen as a network of blue lines, by those with psychic sight. It holds the pattern for our physical body. This body is the reason that those who have lost an arm or leg can sometimes still feel it, or sense its presence.

Extending out beyond the surface of the physical body, around 8" out on average, is what we will call the Emotional Body.

Extending out around 24" on average from the surface of the physical body is the Mental Body.

Beyond that we have a series of Spiritual Bodies, which can extend indefinitely.

These have been catalogued differently by various societies and systems, but this is the simplest way to envision them, and it works quite well.

The Subtle Bodies are connected to and interact with one another through the chakras. Chakras extend through all the bodies. Each subtle body is attached to the physical via a specific chakra.
The Chakras may be viewed as transformers. Life force energy comes into the bodies via the chakras, which lower the vibrations of the energy coming in so that the next lower dimensional body can handle it. If Source life force were to flow directly into our physical cells, we would incinerate in a second.

As you take the initiations of 13-Dimensional Shamballa, you may start to "see" things in on the levels of some of these other bodies. I have had much hardware taken out of my Heart/Thymus area, for instance—old spear points, arrowheads, broken daggers, etc. from incidents in other lifetimes. You may start to "see" things in others; always ask first before removing anything that doesn't seem to belong.

Extra info

Dear Melissa: You said what the woman was really saying was that fruit juice had aspartame in it naturally. She is incorrect to begin with. She is mixed up over propaganda put out by the FDA and Monsanto that there is more methanol in tomato juice than in aspartame.

First of all, its an utterly absurd statement for Monsanto to make to begin with and has absolutely nothing to do with aspartame. Its an effort for the FDA and Monsanto to mislead the consumer public. Dr. Woodrow Monte wrote an excellent journal article: Aspartame: Methanol and the Public Health and you will find it on www.dorway.com/nomarkle.html Notice he says on the first page that in fruits and vegetables that methanol is always accompanied by ethanol which is the classic antidote for methanol toxicity and takes it safely out of your body.

Fruits and vegetables were made by Almighty Jehovah God and he didn't make fruits and vegetables to kill people but to sustain life. You don't eat an orange and slur your words but you do with aspartame because you're suffering from methanol toxicity. Aspartame Disease mimics MS because of these type of symptoms, and aspartame destroys the central nervous system.

Because people found out that methanol, which is a severe metabolic poison, converts to formaldehyde and formic acid, they begin calling Monsanto with this complaint. So Monsanto came up with this excuse which has absolutely nothing to do with reality. And, as you know, the FDA puts out Monsanto's propaganda because of their loyalty. I wonder if they stayed up at night to think of all these ridiculous answers to explain aspartame. Also, on www.dorway.com access the IFIC brochure that the FDA sends out and you will see that Mark Gold answered and rebutted Monsanto's propaganda which was intended to mislead the world. And there are medical references to prove Monsanto's statements are nonsense. I send this rebuttal out with every packet when people ask for information on aspartame so they will not be swayed by misinformation from the FDA and Monsanto. And I'm sending a copy of this to the FDA so they will know we don't appreciate them trying to stumble the world. This is another reason they are guilty of malfeasance.
They know they lie and deny. Their Code of Silence which I call "taking the fifth" is their way of just turning their back on the public. They know if they answer the 26 questions given them on aspartame from Congressman (then Speaker of the House) Newt Gingrich they would have to recall it, so they just refuse to answer them.

I probably sound like a broken record when I say those responsible to solve the problem are the problem, but this describes the FDA well. People who send them case histories where aspartame almost took their life, or even those reporting deaths from aspartame, do not get a letter of concern by the FDA. Instead they send out more propaganda to protect Monsanto and try to influence people off Stevia which is healthful. But its natural and the drug industry can't patent it. Its the salvation of the diabetics because it helps in the metabolism of sugar. Yet, the FDA went so far as to tell the Stevita Company to destroy their cookbooks so nobody would know Stevia is sweet and healhful. Yet, they tell diabetics is okay to use aspartame with wood alcohol which even precipitates diabetes, destroys the optic nerve, keeps blood sugar out of control and causes diabetics to go into convulsions.

There is no way to know how many thousands have died because of this false propaganda put out by Monsanto and the FDA, but it is criminal and the FDA should be banned because of their malfeasance. Not only are they not protecting the public from safe food and drugs but actually stumbling them to consume a deadly chemical poison which can take their life. And to allow a drug that interacts with other drugs blanket approval is criminal. Consider thousands who have died from drug interaction. And they know because aspartame originally had a drug application. It was withdrawn to have it marketed as an additive because it would require no safety monitoring. And kids are using this very addictive, deadly drug.

I was on a radio broadcast a week or so ago, and a man called me who had heard this broadcast on his way home from the hospital in Portland. They had called in a team of doctors but no one understood the neurological, horrific symptoms she was having. She was also suffering manic depression triggered by aspartame and was taking a psycho drug with her Diet Coke, aspartame being another psycho drug. He said the doctors had no clue and the broadcast saved his wife's life. This propaganda on aspartame from Monsanto and the FDA keeps the truth from physicians, and ties their hands so they cannot diagnose their patients.

Can you imagine if an herb caused 10 people to die what the FDA would do?
My, they would grab that quick for the drug companies and take it out of health food stores instantly, like they did Tryptophan. Yet 10 people died from Celebrex within the first 13 weeks and made others very ill, but they won't recall Celebrex because its a Monsanto product and a cash cow for them. Knowing that their drug, aspartame,

triggers horrible joint pain because it hardens the synovial fluids they got the FDA to approve this drug for joint pain so they could make more money on the problem they caused. Now its possible the drug itself is interacting with aspartame.
If 10 people died in the first 13 weeks consider how many more will die!

At least we see that other countries are not putting as much stock in the FDA anymore, and know they are there for the drug and chemical industry and not concerned with safe food and drugs. It is despicable that they have full knowledge that aspartame is a deadly chemical poison and still tell people that its safe, and further Monsanto's lies about it.

Simply print out the IFIC brochure rebutted and Dr. Monte's journal Aspartame: Methanol and the Public Health and you have all the facts for your friend. Another propaganda by Monsanto is that while it is known that formaldehyde inhaled can cause cancer they say there have been no studies to prove formaldehyde triggers cancer when consumed. In answer to that nonsense I wrote the Formaldehyde Olympics which you can also find on www.dorway.com offering to provide the drums of formaldehyde if Monsanto people would like to do the study. I'm sure your friend would enjoy the humor.

All my best,
Betty

1. Take the 60-day No Aspartame Test and send us your case history.
Mission Possible International
9270 River Club Parkway Duluth, GA 30097 USA 770-242-2599
2. Tell your doctor and all of your friends!
3. Return Asparcidal food to the store.
(anything with Monsanto's NutraSweet/Equal/Spoonful/Benevia/NatraTaste)
VISIT http://www.dorway.com Get links to over 200 sites on aspartame
VISIT http://www.holisticmed.com/aspartame/ FAQs & Cases
VISIT http://www.notmilk.com Exposing Bovine Growth Hormone
Disability and Death are not acceptable costs of business!

[MORE ON WHY YOU SHOULD NOT BE DRINKING SO-CALLED “DIET” DRINKS]

WORLD ENVIRONMENTAL CONFERENCE and the MULTIPLE SCLEROSIS FOUNDATION:
F.D.A. ISSUING FOR COLLUSION WITH MONSANTO
By Nancy Markle (1120197)

I have spent several days lecturing at the World Environmental Conference on “ASPARTAME marketed as ‘NutraSweet’, ‘Equal’, and ‘Spoonful’”. In the keynote address by the EPA they announced that there was an epidemic of Multiple Sclerosis and Systemic Lupus, and they did not understand what toxin was causing this to be rampant across the United States. I explained that I was there to lecture on exactly that subject.

When the temperature of Aspartame exceeds 86 degrees F, the wood alcohol in ASPARTAME converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants). The methanol toxicity mimics multiple sclerosis; thus people were being diagnosed with having multiple sclerosis in error. The multiple sclerosis is not a death sentence, where methanol toxicity is.

In the case of Lupus, we are finding it has become almost as rampant as multiple sclerosis, especially Diet Coke and Diet Pepsi drinkers. Also, with methanol toxicity, the victims usually drink three to four 12oz. Cans of them per day, some even more. In the cases of systemic lupus, which is triggered by ASPARTAME, the victim usually does not know that the aspartame is the culprit. The victim continues its use, aggravating the lupus to such a degree that

sometimes it becomes life-threatening. When we get people off of the aspartame, those with systemic lupus usually become asymptomatic. Unfortunately, we can not reverse this disease.

On the other hand, in the case of those diagnosed with Multiple Sclerosis, (when in reality the disease is methanol toxicity), most of the symptoms disappear. We have seen cases where their vision has returned and even their hearing has returned. This also applies to cases of tinnitus.

During a lecture I said, "If you are using ASPARTAME (NutraSweet, Equal, Spoonful, etc.) and you suffer from fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, vertigo, dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, or memory loss—you probably have ASPARTAME DISEASE!" People were jumping up during the lecture saying, "I've got this, is it reversible?" It is rampant. Some of the speakers at my lecture even were suffering from these symptoms. In one lecture attended by the Ambassador of Uganda, he told us that their sugar industry is adding aspartame! He continued by saying that one of the industry leader's sons could no longer walk—due in part to product usage!

We have a very serious problem. Even a stranger came up to Dr. Espisto (one of my speakers) and said, "Could you tell me why so many people seem to be coming down with MS? During a visit to a hospice, a nurse said that six of her friends, who were heavy Diet Coke addicts, had all been diagnosed with MS. This is beyond coincidence. Here is the problem. There were Congressional Hearings when aspartame was included in 100 different products. Since this initial hearing, there have been two subsequent hearings, but to no avail. Nothing has been done. The drug and chemical lobbies have very deep pockets. Now there are over 5,000 products containing this chemical, and the PATENT HAS EXPIRED!!!! At the time of the first hearing, people were going blind. The methanol in the aspartame converts to formaldehyde in the retina of the eye. Formaldehyde is grouped in the same class of drugs as cyanide and arsenic—DEADLY POISONS!!!! Unfortunately, it just takes longer to quietly kill, but it is killing people and causing all kinds of neurological problems. Aspartame changes the brain's chemistry. It is the reason for severe seizures. This drug changes the dopamine level in the brain. Imagine what this drug does to patients suffering from Parkinson's Disease. This drug also causes birth defects.

There is absolutely no reason to take this product. It is NOT A DIET PRODUCT!!!! The Congressional Record said, "It makes you crave carbohydrates and will make you FAT." Dr. Roberts stated that when he got patients off aspartame, their average weight loss was 19 pounds per person. The formaldehyde stores in the fat cells, particularly in the hips and thighs.

Aspartame is especially deadly for diabetics. All physicians know what wood alcohol will do to a diabetic. We find that physicians believe that they have patients with retinopathy, when in fact it is caused by the aspartame. The aspartame keeps the blood sugar level out of control, causing many patients to go into a coma. Unfortunately, many have died. People were telling us at the Conference of the American College of Physicians, that they had relatives that switched from saccharin to an aspartame product and how that relative had eventually gone into a coma. Their physicians could not get the blood sugar levels under control. Thus, the patients suffered acute memory loss and eventually coma and death.

Memory loss is due to the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it goes past the blood/brain barrier and deteriorates the neurons of the brain. Dr. Russell Blaylock, neurosurgeon, said, "The ingredients stimulates the neurons of the brain to death, causing braindamage of varying degrees." Dr. Blaylock has written a book entitled Excitotoxins: The Taste That Kills (Health Press; 1-800-643-2665). Dr. Roberts tells how aspartame poisoning is escalating Alzheimer's Disease, and indeed it is. As the hospice nurse told me, women are being admitted at 30 years of age with Alzheimer's Disease. Dr. Blaylock and Dr. Roberts will be writing a position paper with some case histories and will post it on the Internet. According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases caused by this deadly poison."

Dr. Roberts realized what was happening when aspartame was first marketed. He said that his "diabetic patients presented memory loss, confusion, and severe vision loss". At the Conference of the American College of Physicians, doctors admitted that they did not know. They had wondered why seizures were rampant (the phenylalanine in

aspartame breaks down the seizure threshhold and depletes serotonin, which causes manic depression, panic attacks, rage and violence).

Just before the Conference, I received a FAX from Norway, asking for a possible antidote for this poison, because they are experiencing so many problems in their country. This poison is now available in 90 PLUS countries worldwide. Fortunately, we had speakers and ambassadors at the Conference from different nations who have pledged their help. We ask that you help too. Print this article out and warn everyone you know. Take anything that contains aspartame back to the store. Take the "NO ASPARTAME TEST" and send us your case history. I assure you that Monsanto, the creator of aspartame, knows how deadly it is. They fund the American Diabetes Association, American Dietetic Association, Congress, and the Conference of the American College of Physicians. The New York Times, on November 15, 1996, ran an article on how the American Dietetic Association takes money from the food industry to endorse their products. Therefore, they can not criticize any additives or tell about their link to Monsanto. How bad is this? We told a mother who had a child on NutraSweet to get off the product. The child was having grand mal seizures every day. The mother called her physician, who called the ADA, who told the doctor not to take the child off the NutraSweet. We are still trying to convince the mother that the aspartame is causing the seizures. Every time we get someone off of aspartame, the seizures stop. If the baby dies, you know whose fault it is, and what we are up against. There are 92 documented symptoms of aspartame, from coma to death. The majority of them are all neurological, because the aspartame destroys the nervous system.

Aspartame Disease is partially the cause to what is behind some of the mystery of the Desert Storm health problems. The burning tongue and other problems discussed in over 60 casess can be4 directly related to the consumption of an aspartame product. Several thousand pallets of diet drinks were shipped to the Desert Storm troops. (Remember heat can liberate the methanol from the aspartame at 86 degrees F.) Diet drinks sat in the 120 degree Arabian sun for weeks at a time on pallets. The service men and women drank them all day long. All of their symptoms are identical to aspartame poisoning. Dr. Roberts says "consuming aspartame at the time of conception can cause birth defects". The phenylalanine concentrates in the placenta, causing mental retardation, according to Dr. Louis Elsas, Pediatrician-Professor-Genetics, at Emory University in his testimony before Congress. I

In the original lab tests, animals developed brain tumors (phenylalanine breaks down into DXP, a brain tumor agent). When Dr. Espisto was lecturing on aspartame, one physician in the audience, a neurosurgeon, said "when they remove brain tumors, they have found high levels of aspartame in them".

If it says "Sugar Free" on the label—DO NOT EVEN THINK ABOUT IT!!! Senator Howard Hetzenbaum wrote a bill that would have warned all infants, pregnant mothers and children of the dangers of aspartame. The bill would have also instituted independent studies on the problems existing in the population (seizures, changes in brain chemistry, changes in neurological and behavioral symptoms). It was killed by the powerful drug and chemical lobbies, letting loose the hounds of disease and death on an unsuspecting public. Since the Conference of the American College of Physicians, we hope to have the help of some world leaders. Again there are a lot of people out there who must be warned. Please let them know this information.

Stevia, a sweet food, NOT AN ADDITIVE, which helps in the metabolism of sugar, which would be ideal for diabetics, has now been approved as a dietary supplement by the FDA. For years the FDA has outlawed this sweet food because of their loyalty to Monsanto. [Stevia is now available in liquid concentrate and in other forms, mostly in Health Food stores. It is a tropical plant but may be grown in a greenhouse in the north.] It is available in liquid or powdered form, usually in health food stores.

One of the Shamballa family sent in the following article, with the introductory quote:.
"The sun doesn't stop shining because people are blind."~~ The Book of Awakening, Mark Nepo.

WHY YOU SHOULD AVOID TAKING VACCINES
By Dr. James Howenstine, MD. December 7, 2003 NewsWithViews.com

Dr. James R. Shannon, former director of the National institute of health declared, "the only safe vaccine is one that is never used." Cowpox vaccine was believed able to immunize people against smallpox. At the time this vaccine was introduced, there was already a decline in the number of cases of smallpox. Japan introduced compulsory vaccination in 1872. In 1892 there were 165,774 cases of smallpox with 29,979 deaths despite the vaccination program. Much of the success attributed to vaccination programs may actually have been due to improvement in public health related to water quality and sanitation, less crowded living conditions, better nutrition, and higher standards of living. Typically the incidence of a disease was clearly declining before the vaccine for that disease was introduced. In England the incidence of polio had decreased by 82 % before the polio vaccine was introduced in 1956.

In the early 1900s an astute Indiana physician, Dr. W.B. Clarke, stated "Cancer was practically unknown until compulsory vaccination with cowpox vaccine began to be introduced. I have had to deal with two hundred cases of cancer, and I never saw a case of cancer in an unvaccinated person." [1]

There is a widely held belief that vaccines should not be criticized because the public might refuse to take them. This is valid only if the benefits exceed the known risks of the vaccines.

Do Vaccines Actually Prevent Disease?

This important question does not appear to have ever been adequately studied. Vaccines are enormously profitable for drug companies and recent legislation in the U.S. has exempted lawsuits against pharmaceutical firms in the event of adverse reactions to vaccines which are very common. In 1975 Germany stopped requiring pertussis (whooping cough) vaccination. Today less than 10% of German children are vaccinated against pertussis. The number of cases of pertussis has steadily decreased[2] even though far fewer children are receiving pertussis vaccine.

Measles outbreaks have occurred in schools with vaccination rates over 98% in all parts of the U.S. including areas that had reported no cases of measles for years. As measles immunization rates rise to high levels measles becomes a disease seen only in vaccinated persons. An outbreak of measles occurred in a school where 100% of the children had been vaccinated. Measles mortality rates had declined by 97 % in England before measles vaccination was instituted.

In 1986 there were 1300 cases of pertussis in Kansas and 90% of these cases occurred in children who had been adequately vaccinated. Similar vaccine failures have been reported from Nova Scotia where pertussis continues to be occurring despite universal vaccination. Pertussis remains endemic[3] in the Netherlands where for more than 20 years 96% of children have received 3 pertussis shots by age 12 months.

After institution of diptheria vaccination in England and Wales in 1894 the number of deaths from diptheria rose by 20% in the subsequent 15 years. Germany had compulsory vaccination in 1939. The rate of diptheria spiraled to 150,000 cases that year whereas, Norway which did not have compulsory vaccination, had only 50 cases of diptheria the same year.

The continued presence of these infectious diseases in children who have received vaccines proves that life long immunity which follows natural infection does not occur in persons receiving vaccines. The injection process places the viral particles into the blood without providing any clear way to eliminate these foreign substances.

Why Do Vaccines Fail To Protect Against Diseases?

Walene James, author of Immunization: the Reality Behind The Myth, states that the full[4] inflammatory response is necessary to create real immunity. Prior to the introduction of measles and mumps vaccines children got measles and mumps and in the great majority of cases these diseases were benign. Vaccines "trick" the body so it does not mount a complete inflammatory response to the injected virus.

Vaccines and Sudden Infant Death Syndrome SIDS

The incidence of Sudden Infant Death syndrome SIDS has grown from .55 per 1000 live births in 1953 to 12.8 per

1000 in 1992 in Olmstead County, Minnesota. The peak incidence for SIDS is age 2 to 4 months the exact time most vaccines are being given to children. 85 % of cases of SIDS occur in the first 6 months of infancy. The increase in SIDS as a percentage of total infant deaths has risen from 2.5 per 1000 in 1953 to 17.9 per 1000 in 1992. This rise in SIDS deaths has occurred during a period when nearly every childhood disease was declining due to improved sanitation and medical progress except SIDS. These deaths from SIDS did increase during a period when the number of vaccines given a child was steadily rising to 36 per child.

Dr. W. Torch was able to document 12 deaths in infants which appeared within 3½ and 19 hours of a DPT immunization. He later reported 11 new cases of SIDS death and one near miss which had occurred within 24 hours of a DPT injection. When he studied 70 cases of SIDS two thirds of these victims[5] had been vaccinated from one half day to 3 weeks prior to their deaths. None of these deaths was attributed to vaccines. Vaccines are a sacred cow and nothing against them appears in the mass media because they are so profitable to pharmaceutical firms.

There is valid reason to think that not only are vaccines worthless in preventing disease they are counterproductive because they injure the immune system permitting cancer, auto-immune diseases and SIDS to cause much disability and death.

Are Vaccines Sterile?

Dr. Robert Strecker claimed that the department of defense DOD was given $10,000,000 in 1969 to create the AIDS virus to be used as a population-reducing[6] weapon against blacks. By use of the Freedom of Information Act Dr. Strecker was able to learn that the DOD secured funds from Congress to perform studies on immune destroying agents for germ warfare.

Once produced, the vaccine was given in two locations. Smallpox vaccine containing HIV was given to 100,000,000 Africans in 1977. Over 2000 young white homosexual males in New York City were given Hepatitis B vaccine that contained HIV virus in 1978. This vaccine was given at New York City Blood Center. The Hepatitis B vaccine containing the HIV virus was also administered to homosexual males in San Francisco, Los Angeles, St.Louis, Houston and Chicago in 1978 and 1979. U.S. Public Health epidemiology studies have disclosed that these same 6 cities had the highest incidence of AIDS, Aids related Complex (ARC) and deaths rates from HIV, when compared to other U.S. cities.

When a new virus is introduced into a community. It takes 20 years for the number of cases to double. If the fabricated story that green monkey bites of pygmies led to the HIV epidemic, the alleged monkey bites in the 1940s should have produced a peak in the incidence of HIV in the 1960s at which time HIV was non existent in Africa. The World Health Organization (WHO) began a African smallpox vaccination campaign in 1977 that targeted urban population centers and avoided pygmies. If the green monkey bites of pygmies truly caused the HIV epidemic the incidence of HIV in pygmies should have been higher than in urban citizens. However, the opposite was true.

In 1954 Dr. Bernice Eddy (bacteriologist) discovered live monkey viruses in supposedly sterile inactivated polio vaccine[7] developed by Dr. Jonas Salk. This discovery was not well received at the NIH and Dr. Eddy was demoted. Later Dr. Eddy, working with Sarah Stewart, discovered SE polyoma virus. This virus was quite important because it caused cancer in every animal receiving it. Yellow fever vaccine had previously been found to contain avian (bird) leukemia virus. Later Dr. Hilleman isolated SV 40 virus from both the Salk and Sabin polio vaccines. There were 40 different viruses[8] in these polio vaccines they were trying to eradicate. They were never able to get rid of these viruses contaminating the polio vaccines. The SV 40 virus causes malignancies. It has now been identified in 43 % of cases of non-Hodgekin lymphoma[9] , 36 % of brain tumors[10] , 18 % of healthy blood samples, and 22 % of healthy semen samples, mesothiolomas and other malignancies. By the time of this discovery SV 40 had already been injected into 10,000,000 people in Salk vaccine. Gastric digestion inactivtes some of SV 40 in Sabin vaccine. However, the isolation of strains of Sabin polio vaccine from all 38 cases of Guillan Barre Syndrome[11] GBS in Brazil suggests that significant numbers of persons are able to be infected from this vaccine. All 38 of these patients had received Sabin polio vaccine months to years before the onset of GBS. The incidence of non-Hodgekin lymphoma has"mysteriouly" doubled since the 1970s.

Dr. John Martin, Professor of Pathology at the Univ. of Southern California, was employed by the Viral Oncology Branch of the Bureau of Biologics (FDA) from 1976 to 1980. While employed there he identified foreign DNA in the live polio vaccine Orimune Lederle that suggested serious vaccine contamination. He warned his supervisors about this problem and was told to discontinue his work as it was outside the scope of testing required for polio vaccine.

Later Dr. Martin learned that all eleven of the African green monkeys used to grow the Lederle polio virus Orimune had grown simian cytomegalovirus from kidney cell cultures. Lederle was aware of this viral contamination as their Cytomegaloviral Contamination Plan[12] clearly showed in 1972. The Bureau of Biologics decided not to pursue the matter so production of infected polio vaccine continued.

In 1955 Dr. Martin identified unique cell destroying viruses termed stealth viruses in patients with chronic fatigue syndrome. These viruses lacked genes that would enable the immune system to recognize them. Thus they were protected by the body's failure to develop antiviral antibodies. In March of 1995, Dr. Martin learned that some of these stealth viruses had originated from African green monkey simian cytomegalovirus of a type known to infect man.

The Lederle vaccine experience suggests that the higher-ups are not concerned about sloppy and dangerous preparation of vaccines. Animal cross infection is a huge unsolved current problem for all vaccine manufacturing. If this vaccine production sounds like an unbelievable mess to you, you are right.

The influential Club of Rome has a position paper in which they state that the world population is too large and needs to be reduced by 90 %. This means that 6 billion people must be reduced to 500 to 600 million. Obviously, creating famines and genocidal wars such as wrecked havoc in Africa, and loosing new laboratory-created diseases (HIV, Ebola, Marburg[13] , and probably West Nile virus and SARS) can help reduce the population. Other elitist groups (Trilaterals, Bildenbergers) have expressed similar concerns about excess people on planet Earth.

The company that was projected to produce the new smallpox vaccine in the U.S. was in serious trouble in England because of unsatisfactory quality of operations before setting up their facility in the U.S. Why would their performance here be any better than it was in England?

If there are important powerful groups of people that are determined to reduce the world population, what could be a more diabolically clever way to eliminate people than to inject them with a cancer-causing vaccine? The person receiving the injection would never suspect that the vaccine taken 10 to 15 years earlier had caused the cancer to appear.

Other Dangers From Vaccines

In the March 4, 1977 issue of Science Jonas and Darrell Salk warn, "Live virus vaccines against influenza or poliomyelitis may in each instance produce the disease it intended to prevent. The live virus against measles and mumps may produce such side effects as encephalitis (brain damage).

The swine flu vaccine was administered to the American public even though there had never been a case of swine flu identified in a human. Farmers refused to use the vaccine because it killed too many animals. Within a few months of use in humans this vaccine caused many cases of serious nerve injury (Guillan Barre syndrome).

An article in the Washington Post on Jan. 26, 1988 mentioned that all cases of polio since 1979 had been caused by the polio vaccine with no known cases of polio from a wild strain since 1979. This might have created a perfect situation to discontinue the vaccine, but the vaccine is still given. Vaccines are a wonderful source of profits with no risks to the drug companies since vaccine injuries are now recompensed by the government.

The steady escalation in the number of vaccines administered has been followed by an identical rise in the incidence of auto-immune diseases (rheumatoid arthritis, subacute lupus erythematosus, psoriasis, multiple sclerosis, asthma) seen in children. While there is a genetic transmission of some of these diseases many are probably due to the injury from foreign protein particles, mercury, aluminum, formaldehyde and other toxic agents injected in vaccines.

In 1999, the rotavirus vaccine was recommended by the Center for Disease Control for all infants. When this vaccine program was instituted several infants died and many had life endangering bowel obstructions. Obviously, there was no evidence that this vaccine would cause such serious problems before the vaccine was released for usage. Children's vaccines are not studied for toxicity possibly because such study might eliminate them from being used.

A large study from Australia showed that the risk of developing encephalitis from the pertussis vaccine was 5 times greater than the risk of developing encephalitis by contacting pertussis by natural methods.

Naturally acquired immunity by illness evolves by spread of a virus from the respiratory tract to the liver, thymus, spleen, and bone marrow. When symptoms begin, the entire immune response has been mobilized to repel the invading virus. This complex immune system response creates antibodies that confer life long immunity against that invading virus and prepares the child to respond promptly to an infection by the same virus in the future.

Vaccination, in contrast, results in the persisting of live virus or other foreign antigens within the cells of the body, a situation that may provoke auto-immune reactions as the body attempts to destroy its own infected cells. There is no surprise that the incidence of auto-immune diseases (rheumatoid arthritis, subacute lupus erythematosus, multiple sclerosis, asthma, psoriasis) has risen sharply in this era of multiple vaccine immunization.

Vaccine Induced Type 1 Diabetes Mellitus

Dr. John Classen has published 29 articles on vaccine-induced[14] diabetes. At least 8 of 10 children with Type 1 (insulin needing) diabetes have this disease as a result of vaccination. These children may have avoided measles, mumps, and whooping cough but they have received something far worse: an illness that shortens life expectancy by 10 to 15 years and results in a life requiring constant medical care.

Dr. Classen has shown in Finland, the introduction of hemophilus type b vaccine caused three times as many cases of type 1 diabetes as the number of deaths and brain damage from hemophilus influenza type b it might have prevented.

In New Zealand, the incidence of Type 1 diabetes in children rose by 61 % after an aggressive vaccine program against hepatitis B.. This same program has been started in the U.S.A. so we can now look forward to many cases of Type 1 diabetes in children. Similar rises in Type 1 diabetes have been seen in England, Italy, Sweden, and Denmark after immunization programs against Hepatitis B.

Toxic Substances Are Needed To Make Vaccines.

Vaccines contain many toxic substances that are needed to prevent the vaccines from becoming infected or to improve the performance of the vaccine. Among these substances are mercury, formaldehyde and aluminum.[15]

In the past 10 years, the number of autistic children has risen from between 200 and 500 percent in every state in the U.S. This sharp rise in autism followed the introduction of measles, mumps and rubella vaccine in 1975.

Representative Dan Burton's healthy grandson was given injections for 9 diseases in one day. These injections were instantly followed by autism. These injections contain a preservative of mercury called thimerosal. The boy received 41 times the amount of mercury which is capable of harm to the body. Mercury is a neurotoxin that can injure the brain and nervous system. And tragically, it did.

In the United States the number of compulsory vaccine injections has increased from 10 to 36 in the last 25 years. During this period, there has been a simultaneous increase in the number of children suffering learning disabilities and attention deficit disorder. Some of these childhood disabilities are related to intrauterine cerebral damage from maternal cocaine use, but probably vaccines cause many of the others.

Many vaccines contain aluminum. A new disease called macrophagic myofasciitis causes pain in muscles, bones and joints. All persons with this disease have received aluminum containing vaccines. Deposits of aluminum are able to

remain as an irritant in tissues and disturb the immune and nervous system for a lifetime.

Nearly all vaccines contain aluminum and mercury. These metals appear to play an important role in the etiology of Alzheimer's Disease. An expert at the 1997 International Vaccine Conference related that a person who takes 5 or more annual flu vaccine shots has increased the likelihood of developing Alzheimer's Disease by a factor of 10 over the person who has had 2 or fewer flu shots.

When we take vaccines we are playing a modern version of Russian Roulette. We not only get exposed to aluminum, mercury, formaldehyde and foreign cell proteins but we may get simian virus 40 and other dangerous viruses which can cause cancer, leukemia and other severe health problems because the vaccine pool is contaminated due to careless animal isolation techniques. Congress has protected the manufacturers from lawsuits, so dangerous vaccines simply increase profits at no risk to the drug companies.

U.S. children aged 2 months began receiving hepatitis B vaccine in December 2000.No peer-reviewed studies of the safety of hepatitis B in this age bracket had been done. Over 36,000 adverse reactions with 440 deaths were soon reported but the true incidence is much higher as reporting is voluntary so only approximately 10 % of adverse reactions get reported. This means that about 5000 infants are dying annually from the hepatitis B vaccine. The CDC's Chief of Epidemiology admits that the frequency of serious reactions to hepatitis B vaccine is 10 times higher than other vaccines. Hepatitis B is transmitted sexually and by contaminated blood, so the incidence of this disease must be near zero in this age bracket. A vaccine expert, Dr. Philip Incao, states that "the conclusion is obvious that the risks[16] of hepatitis B vaccination far outweigh the benefits. Once a vaccine is mandated the vaccine manufacturer is no longer liable for adverse reactions.

Dr. W.B. Clarke's important observation that cancer was not found in unvaccinated individuals demands an explanation and one now appears forthcoming. All vaccines given over a short period of time to an immature immune system deplete the thymus gland (the primary gland involved in immune reactions) of irreplaceable immature immune cells. Each of these cells could have multiplied and developed into an army of valuable cells to combat infection and growth of abnormal cells. When these immune cells have been used up, permanent immunity may not appear. The Arthur Research Foundation in Tucson, Arizona estimates that up to 60 % of our immune system may be exhausted[17] by multiple mass vaccines (36 are now required for children). Only 10 % of immune cells are permanently lost when a child is permitted to develop natural immunity from disease. There needs to be grave concern about these immune system injuring vaccinations! Could the persons who approve these mass vaccinations know that they are impairing the health of these children, many of whom are being doomed to requiring much
medical care in the future?

Compelling evidence is available that the development of the immune system after contracting the usual childhood diseases matures and renders it capable to fight infection and malignant cells in the future.

The use of multiple vaccines, which prevents natural immunity, promotes the development of allergies and asthma. A New Zealand study disclosed that 23 % of vaccinated children develop asthma , as compared to zero in unvaccinated children.

Cancer was a very rare illness in the 1890's. This evidence about immune system injury from vaccinating affords a plausible explanation for Dr. Clarke's finding that only vaccinated individuals got cancer. Some radical adverse change in health occurred in the early 1900s to permit cancer to explode and vaccinating appears to be the reason.

Vaccines are an unnatural phenomena. My guess is that if enough persons said no to immunizations there would be a striking improvement in general health with nature back in the immunizing business instead of man. Having a child vaccinated should be a choice not a requirement. Medical and religious exemptions are permitted by most states.

When governmental policies require vaccinations before children enter schools coercion has overruled the lack of evidence of vaccine efficacy and safety. There is no proof that vaccines work and they are never studied for safety before release. My opinion is that there is overwhelming evidence that vaccines are dangerous and the only reason for their existence is to increase profits of pharmaceutical firms.

If you are forced to immunize your children so they can enter school, obtain a notarized statement from the director of the facility that they will accept full financial responsibility for any adverse reaction from the vaccine. Since there is at least a 2 percent risk of a serious adverse reaction they may be smart enough to permit your child to escape a dangerous procedure. Recent legislation passed by Congress gives the government the power to imprison persons refusing to take vaccines (smallpox, anthrax, etc). This would be troublesome to enforce if large numbers of citizens declined to be vaccinated at the same time.

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Dr. James A. Howenstine is a board certified specialist in internal medicine who spent 34 years caring for office and hospital patients. Curiosity sparked a 4 year study of natural health products when 5 of his patients with severe rheumatoid arthritis were able to discontinue the use of methotrexate (chemotherapy agent) after trying an extract of New Zealand mussels for the therapy of severe rheumatoid arthritis.

Dr. Howenstine is convinced that natural products are safer, more effective and less expensive than pharmaceutical drugs. This research led to the publication of his book 'A Physicians Guide To Natural Health Products That Work'. This book and the recommended health products are available from www.naturalhealthteam.com and by calling
1-800-416-2806 U.S.A. E-Mail: jimhow@rasca.co.cr

Ingri Cassel, President Vaccination Liberation - Idaho Chapter P.O. Box 457

Spirit Lake, ID 83869
(208)255-2307/ 888-249-1421 vaclib@coldreams.com

www.vaclib.org "Free Your Mind.... From The Vaccine Paradigm"

"When we give government the power to make medical decisions for us, we, in essence, accept that the state owns our bodies." ~U.S. Representative Ron Paul

BREAST CANCER: A Pinch of Cancer—Can Wearing a Bra Kill You? By William Thomas
(From: http://chetday.com/breastcancerandbras.htm)

If you didn't burn yours in the 'Sixties, you might want to put it away now. "Bras cause breast cancer. It's open and shut," says medical researcher Syd Singer. The Singers became breast cancer sleuths in 1991. On the day Soma discovered a lump in her breast, the husband-wife team was studying the effects of Western medicine on Fijians. In the shower, Syd noticed that Soma's shoulders and breasts were outlined by dark red grooves. He remembered a puzzled Fijian woman asking his wife about her brassiere: "Doesn't it feel tight?" "You get used to it," Soma had replied.

Could bras be constricting breast tissue, Syd wondered, hampering lymph drainage and causing degeneration? Soma decided to stop wearing hers. But when Syd searched the medical literature he found no known causes of breast cancer, which rarely appears before a woman's mid-thirties, most often after 40. The highest death rates from breast cancer are in North America and northern Europe, with the developing world catching up fast.

The World Health Organization calls chemical toxins the primary cause of cancer. But poisons accumulating in breast tissue are normally flushed by clear lymph fluid into large clusters of lymph nodes nestling in the armpits and upper chest. The Singers found that "because lympahtic vessels are very thin, they are extremely sensitive to pressure and are easily compressed." Chronic minimal pressure on the breasts can cause lymph valves and vessels to close. "Less oxygen and fewer nutrients are delivered to the cells, while waste products are not flushed away," the Singers noted. After 15-20 years of bra-constricted lymph drainage, cancer can result.

Looking at other cultures, Soma and Syd were struck by the low incidence of breast cancer in poorer nations awash in pesticides dumped by northern nations. They didn't find peasant women wearing push-up bras. Instead, they discovered that the Maoris of New Zealand integrated into white culture have the same rate of breast cancer, while Australia's marginalized aboriginals have virtually no breast cancer. The same trend held for "Westernized" Japanese, Fijians and other bra-converted cultures.

In Dressed to Kill: The Link Between Breast Cancer and Bras, the researchers also observed that just before a woman begins her period, estrogen floods her system, causing her breasts to swell. If she continues wearing the same bra size, life-saving lymphatics will be even more tightly squished. Had they found the "estrogen link" to breast cancer? Childless women never fully develop their breast-cleansing lymphatic system. Nor do women who have never breast-fed. Working women who wear bras every day and postpone having children could be at higher risk, the Singers warn. Even worse, a young woman's coming of age is often "marked" by her first bra. Like the ancient Chinese practice of foot-binding, "breast-binding" at puberty can eventually lead to severe medical complications.

Could bras be the "missing link" in a growing epidemic of breast cancer? Beginning in May, 1991, Soma and Syd Singer's 30-month "Bra and Breast Cancer" study interviewed some 4,000 women in five major US cities. All were Caucasian of mostly "medium income" ranging in age from 30-79. Half had been diagnosed with breast cancer. Almost all of the women interviewed were unhappy with the size or shape of their breasts. Women who chose a bra for appearance, ignoring soreness and swelling, had twice the rate of breast cancer of those who did not. But the most startling statistic was that three out of four women who wore their daytime bras to sleep contracted breast cancer. Sodid noe out of seven women strapped into a bra more than 12 hours a day. Bra-free women have just a one in 168 chance of being diagnosed with breast cancer, says Singer. The same as bra-free men.

“Don’t sleep in your bra!” Syd Singer pleads. “Women who want to avoid breast cancer should wear a bra for the shortest period of time possible—certainly for less than 12 hours daily.” Syd also submits that some 80% of bra-wearers who experience lumps, cysts, and tenderness will see those symptoms vanish “within a month of getting rid of the bra.”

Not everyone is ready to hang up her halter. As one woman told the team, “My tits will sag all the way to my navel without a bra.” But surgeon Christine Haycock at the New Jersey College of Medicine says that inherited traits—not ligaments or breast size—are the reason some breasts give in to gravity. Bouncing bosoms help clear the lymphatics.

Well aware that their findings were “explosive,” the Singers sent their survey results to the heads of America’s most prestigious cancer organizations and institutes. None responded. Like the cancer business, the bra business ins huge. Multiply how many worldwide women buy several $25 bras every year and you end up with a multiple of the 6-billion-a-year US business. Syd Singer says that establishment censorship of the bra-breast cancer connection is killing women. Pointing to the biggest commonality among breast cancer patients, he’s emphatic that it’s bra-squeezed lymphatics.

Going bra-less for all occasions, Soma began dressing to de-emphasize her breasts. She also began regular breast massage and bicycle riding, vitamin and herbal supplementation, and drinking only purified water. Two months later, her lump disappeared. At the first frightening sign of a lump, an angry Syd Singer says, “women should take their bras off before they take their breasts off.” Why wait, when you can liberate your lymphatics now.

IF YOU MUST WEAR A BRA: Push-up and sports bras are out. Choose loose-fitting cotton bras. Make sure you can slip two fingers under the shoulder-straps and side-panels. The higher the side-panels, the more severe the restriction of major lymph nodes. Don’t wear this disastrous device to sleep. Take it off at home. Massage your breasts every time you remove your bra. Sing your lymphatics into health—or at least breathe deeply.

What is HIGH FRUCTOSE CORN SYRUP?

High Fructose Corn Syrup is liquid starch made from corn that has been processed to change most of its starch into fructose. Fructose is 75% sweeter than sucrose (table sugar). Basically, you take corn, treat it with an acid, and it makes a very sweet sugar.

Manufacturers love HFCS, because it retains moisture, resists drying out, controls crystallization, prevents microbiological growth and blends easily with sweeteners, acids, and flavorings. It makes sugar drinks taste better and is cheaper than sugar.

Naturally occurring sugars and sucrose contain fructose bound to other sugars. But in addition, HFCS contains a good deal of "free" or unbound fructose. This free fructose seems to interfere with absorption of key minerals like magnesium, copper and chromium.

Fructose is absorbed by your body differently than is glucose. When you eat glucose, your pancreas starts producing insulin, which enables sugar in the blood to be transported into cells, where it can be used for energy. The hormone leptin, which helps regulate appetite and fat storage, also kicks in. Another hormone made by the stomach, ghrelin, that helps regulate food intake. is suppressed. The theory is that when ghrelin levels drop, you stop feeling hungry. So there are some appetite inhibitors inherent in glucose.

Fructose, however, "appears to behave more like fat with respect to the hormones involved in body weight regulation." [Peter Havel—U of CA] “It doesn't stimulate insulin secretion. It doesn't increase leptin production or suppress production of ghrelin. That suggests that consuming a lot of fructose, like consuming too much fat, could contribute to weight gain.”

In addition, in the liver fructose is converted more easily into trigylcerides than is glucose. High levels of trigylcerides are linked to heart disease. Fructose has been linked to elevated blood cholesterol levels, and blood clotting. It slows

down white blood cell activity, impairing the immune system.

Rats fed a high-fructose, low copper diet started dying after 5 weeks; normally they live around 2 years. Fructose has been shown to have a negative impact on kidney function. One of the few human studies of low-copper, high-fructose diets was stopped when 4 of the 24 subjects developed heart problems. Other studies with rats show that a high fructose diet can cause adult-onset diabetes. [Meira Fields, Ph.D., research chemist at the USDA in Beltsville, Maryland] Fructose, especially when combined with other sugars, reduces stores of chromium, a mineral essential for maintaining balanced insulin levels. [Richard Anderson, Ph.D., Human Nutrition Research Center, Beltsville, Maryland.]

Finally, there is an epidemic of obesity in America, especially among children. Their diet of "liquid candy" (HFCS in processed drinks and foods) is a main culprit. A 12-ounce soda pop drink contains the equivalent of in ten teaspoons of sugar.

So, High Fructose Corn Syrup is a sweeter sugar that doesn't inhibit the appetite like regular sugar, and that stresses the body while interfering with its absorption of key minerals. This can contribute to heart disease, kidney problems, blood clots, a reduced immune system, and higher cholesterol. And—you get fatter quicker!

WHAT IS SOY ISOLATE?

Normal powdered soy flour contains: 40% protein, 18% fat, 10% fiber, 5% minerals, the rest carbohydrates (approximately). To make soy isolate, the beans are processed to remove the fat, carbohydrates, fiber and some of the minerals. What remains is the protein. Soy isolate contains around 90% protein. It is the key ingredient in most soy foods that imitate meat and dairy products, including infant formulas and some brands of soymilk.

To make it, the beans are mixed with an alkaline solution to remove fiber, then washed in acid, and then in another alkaline solution. The acid wash in aluminum tanks leaches high levels of aluminum into the product. The final result is spray-dried at high temperatures, to produce the high-protein powder. [TVP is produced with a further high-temperature, high-pressure extrusion processing of the soy protein isolate.]

Most of us understand that the less processing a food undergoes, the more nutritional value it contains. There are further cautions to consider before consuming soy isolates. For instance, nitrites, which are potent carcinogens, are formed during spray-drying. Lysinoalanine (a toxin) is formed during alkaline processing. Artificial flavorings, esp. MSG, are added to soy protein isolate and TVP to mask their beany taste. Also then the manufacturer can then get away with not listing these as ingredients, as they have become a part of the isolate process.

Another problem is that soy products contain isoflavones. 25g. of soy protein isolate (minimum amount claimed to have cholesterol-lowering effects) contains 50-70 mg of isoflavones. In one study only 45mg of isoflavones in premenopausal women caused a reduction of hormones needed for adequate thyroid function. These effects lingered 3 months after they stopped eating soy.

Some studies show that reproductive problems, infertility, thyroid disease, liver disease have show up in many types of animals on diets high in isoflavones. The claim that soy prevents osteoporosis is extraordinary, given that soy foods block calcium and cause vitamin D deficiencies. And a baby fed soy formula exclusively receives the estrogenic equivalent (based on body weight) of at least 5 birth control pills per day.

So what are isoflavones? Isoflavones are one of three phytoestrogens found in plants. They have a chemical structure similar to estrogen. Genistein and daidzein are the primary isoflavones in soy. They seem to have an effect in the human body which is similar to estrogen. Some scientists seem to think this is a healthy thing, in moderation, such as to reduce cancer risk, hot flashes, osteoporosis, lower cholesterol. Results around hot flashes are subjective. The mineral deficiencies caused by ingredients in soy products make laughable the claims for increased bone density.

A 1991 Japanese study showed that eating 2T worth of soybeans daily for a month caused major decrease in thyroid-

stimulating hormone; some subjects developed hypothyroidism and goiter; others had constipation, fatigue and lethargy. A 1997 study by FDA researchers (National Center for Toxicological Research) found that the component in soy which caused thyroid problems was isoflavones. Reproductive problems, infertility, thyroid disease, liver disease have show up in many types of animals on diets high in isoflavones.

Soy products also contain 1) enzyme inhibitors that block the action of trypsin and other enzymes needed for protein digestion (in animal tests causing pancreatic abnormalities including cancer) and 2) haemagglutinin, a clot-promoting substance that causes red blood cells to clump together. Both of these substances are growth inhibitors. Processors of soy isolates can remove much (not all) of the trypsin inhibitor with high temperatures, but this denatures the other proteins in soy to render them practically inert. (Soy contains goitrogens, which depress thyroid function (mentioned above). And although this may not apply to foods carried by GFM, a very large percentage of soy is genetically modified. Soy crops have one of the highest percentages of contamination by pesticides of any food. Soy is high in phytic acid, which can block the absorption of essential minerals, ie. calcium, magnesium, copper, iron, and especially zinc (this effect is modified by eating some meat or fish with the soy, as is common in the East). Only a long period of fermentation sufficiently reduces the phytates in soy for safe consumption (miso, tempeh, etc.) Heat treatments can reduce the trypsin, but it also destroys other proteins in the soy, rendering it pretty much useless as a food product.

Much research has been done lately to prove that ingredients in soy have anti-cancer properties, lower blood cholesterol, reduce the symptoms of menopause, etc. This research seems in large part sponsored by and paid for by the soy industry. After 4 hours of searching through articles on the web, I found no unbiased studies which found that soy products in general were healthy. In fact, unbiased studies seem to prove the opposite (see article by Sally Fallon & Dr. Mary G Enig, and other articles and studies, in a folder at the front desk of the store).

The soy industry cites comparisons of Oriental and Occidental populations to prove that consumption of soy products reduces risks of certain cancers. The actual studies show that some cancers are less in Oriental people (breast, uterus, & prostate), but Orientals are at greater risk for other cancers (such as esophagus, stomach, pancreas, liver, and thyroid). Soy causes these “more Oriental” types of cancers in lab rats.

So, soy isolate has a 90% protein content, protein that has been heat treated (rendering most of the protein inert); plus aluminum from the processing tanks, and often artificial flavorings (not listed in the ingredients). In addition it still contains most of the troubling ingredients of soy itself (thyroid inhibitors, mineral absorption inhibitors, phytoestrogens, etc.) Bon appetit!

The Nature of Health - and Dis-Ease

Flower Essences

Flower essences are the vibrations of flowers, captured in water and preserved with brandy or vinegar.

The vibrations of flowers and gemstones were used eons ago, back in Lemuria. They were used to get back in balance. The Lemurians were so sensitive that they could merely sit in front of a flower, reach out psychically, and absorb its essence in a healing way. They used flowers for spiritual growth. There was little, if any, physical dis-ease among them.

By the time of Atlantis, which was a colony of Lemuria, people had become more materialistic. Their growing lack of attunement with nature brought on physical diseases. They needed to prepare flower essences and ingest them in order to reattune themselves and be healed. Atlantean elders brought the knowledge of flower essences to the Egyptians after the fall of Atlantis, but soon this knowledge was lost.

In recorded history, flower essences first reappear in the work of Dr. Edward Bach during the early twentieth century. He was an English physician turned homeopath who rediscovered the efficacy of flower essences and researched them extensively and scientifically. He discovered an intimate relationship between the states of

mind/emotions of his patients and their diseases. He believed the first brought about the second. "In all true healing," he wrote, "there is a materialization of spiritual forces from the higher realms and from the Higher Self for a cleansing of mind, body, and emotions." He wanted to develop a simple system of healing accessible to all, not just to the healing professionals. He perfected the technique now used, of floating flowers in pure water, to capture their life-force or life-essence; then the flowers in the water were exposed to full sunlight for 3 hours to "set" the flower essence energy into the water. Brandy was used as a preservative. Kirlian photographs taken of flower essence water after removal of the flowers show the pattern of the flower's auric force imprinted into the water.

Bach flower essences focused on the emotional and mental states present in people which, if not changed, could evolve into physical disease. According to Gurudas, flower essences being discovered recently often focus more on spiritual and physical states, because more people are now ready to develop spiritually, and because we are now exposed to so much pollution, which weakens our immune systems. All flower essences influence the spiritual state, however, by cleansing and purifying blockages in the mental, emotional and physical parts of the person.

GEM ELIXIRS

Gem elixirs are made the same way as flower essences. They can be a bit more physical in their affects than the flowers.

HOMEOPATHIC REMEDIES

Homeopathic remedies are also vibrational. They work slightly differently, however. Essences and elixirs bring into the body the healthy vibration necessary for balance; the body's crystalline systems then amplify that healthy vibration to help the body come back into balance through entrainment. For example, have you ever tried to sing an A flat in a roomful of people singing an A? They will bring you on key. The essences work like that roomful of people. Homeopathic remedies amplify the disease vibrations, to make them unstable, and to help the body's own immune system kick in. So they tend to come at things from another direction, and they tend to be the most physical in their effects.

FLOWER ESSENCES & GEM REMEDIES IN HOMEOPATHIC POTENCIES

Essences may be used in neutral homeopathic potencies. These include mother tincture to 6x, 6c, 12x, 12c, 200x, 200c, and 10MM. Flower essences, in these neutral potencies, are almost always prescribed at only 10MM. This is because they work on realms of consciousness, and 10MM takes the remedy to the vibration of the cause of the problem.

The 10MM neutral potency is used to alter the consciousness that may, for instance, be causing stress in the physical body. Lower neutral potencies are prescribed when a person needs to assimilate the physical properties of the remedy, and when blocks in consciousness are not causing the problems; i.e., when stress results in the body being stripped of Calcium, a low neutral potency would help restore Calcium to the body, but not necessarily deal with the cause of the stress. The high neutral potency would help restore Calcium to the body by working upon the cause of the stress. As previously stated, flower essences work on realms of consciousness, so are almost always taken all the way to 10MM.

The energy released by a vibrational remedy flows in waves that affect the physical and subtle bodies. The height of a wave is its amplitude. The 10MM neutral potency is at the top of the wave, and all other neutral potencies occur at or near the bottom of the wave.

Crest—10MM
Bottom—mother tincture to 6x, 6c, 12x, 12c, 200x, and 200c

This principle is one reason why low homeopathic potencies can often be prescribed for several weeks without any problems developing. The generally recommended dosage for neutral potencies is as follows: mother tincture to 3x or 3c—up to 30 days, once or twice a day; 6x and 6c—for 2 weeks once or twice daily; 12x, 12c, 200x, 200c—for about one week once or twice a day; and 10MM—for one or two months once or twice a day. These potencies, except for 10MM, are already commonly used.

Most homeopaths would question prescribing a remedy at 10MM more than once, if at all. However, I [Gurudas] and several associates [including John A] have done this well over 100 times, with no disruptions in health or sharp aggravations, and often great improvement in health.

Traditionally homeopaths often expect a client to go through a "healing crisis" or seemingly elevated symptoms, before the healing becomes evident. This healing crisis is taken as evidence that the remedy's life force is releasing toxins from the body by activating the person's life force. However, a healing crisis is not always necessary, and seldom occurs when these vibrational remedies are prescribed correctly in neutral potencies. A well-chosen remedy given at the exactly correct potency can often greatly improve health with little or no healing crisis occurring. At these neutral potencies it is easier for the system to assimilate the life force of a vibrational remedy. (information from Gurudas Flower Essences & Vibrational Healing, revised edition; Cassandra Press, 1989)

John Armitage/Babba, homeopathic physician and former colleague of Gurudas, recommends that neutral potencies of essences may be used as follows: 6c—up to 4x day for up to 6 weeks; 12c—4x day for up to 2 months; 200c—4x day up to 3 montsh. 10MM—so far, up to 6 months with no signs of proving, no harm to the energy body or the physical body.

He adds that meditating for even only 5 minutes a day will increase the effects of any remedy a person is taking.

Crystals

Crystals are composed of silica and oxygen, and are a medium through which we can amplify energies. Quartz constitutes a very high percentage of the earth's crust. The single element of silicone and oxygen together, i.e. silica dioxide, constitutes about 75% of the outer planetary shell. Other precious stones and metals occur in much lower quantities than this. Quartz crystals really do carry the energies of the higher light frequencies. These frequencies, of course, are very transformational. One of the reasons why quartz is so effective, is that its matrix is made up of tetrahedrons. Tetrahedrons are composed of four triangles together, forming a pyramidal shape (i.e. a 3-sided pyramid on a triangular base). Countless numbers of these shapes are then closely packed together in a very precise way, in order to form the matrix of the crystal. As we know, pyramids are great amplifiers of energy. Crystals take their energy in through their base, amplify it through their bodies, and then transfer it out through their terminations. Crystals work best with white light, and have one of the highest frequency capacities in the entire mineral kingdom. In addition, quartz is the single most versatile spectrum range crystal native to this planet. Not only does it channel white light, but also every other colour in existence., So you will see that some of the energy that is being channelled by the crystal is actually colour.

In order to fully appreciate the value of working with crystals in healing, it is important to first consider how much of our world, including the human body, is basically crystalline in its structure and substance. Everything is basically crystalline in this world, and when crystals are resonating on precisely programmed frequencies, they are able to work with, be affected by, and transmit a multitude of different energies. The human body is also crystalline in nature. The largest single element in the human body is water, which is a form of liquid crystal. The blood is also liquid crystal. The trace minerals etc. are all crystalline in nature. Within the brain, the pineal and the pituitary glands are composed largely of crystalline substances, as are the other glands within the endocrine system. So, by using quartz crystals to work on our bodies, we are therefore able to program the crystalline nature of our physical bodies. We will discuss ways of doing this.

Crystals will work with any kind of energy, not just the energies that are of the Light and Unconditional Love, so it is necessary that everyone who works with crystals, and has crystals in their possession, knows how to clean, de-program and program them. First, you should realise that some crystals have been worked with before, when they were in the ground. During the times of Atlantis, Lemuria, and other great civilisations in the material world, we worked with crystals, not only for the Light, but also for other modalities, disassociated from the Light. Everyone would like to think that Atlantis was a great time in human history, and that everybody around in those days were all priests, priestesses and followers of the Light, when in fact this is not true. There were many discordant energies, and many

warring factions around on the planet during the time of Atlantis. This resulted in the destruction of that great civilisation. So crystals have been used many times before, even when they were in the earth. Sometimes when they come into your possession, they can still be holding programmes that allow them to work with these energies that are not of the Light. Deprogramming stops the crystals from doing this.

There is a difference between programming and cleaning or cleansing. Programming imprints a command, or a thought form or idea, into the internal matrix of the crystal, just as you would put the information onto the hard disk of a computer. Clearing and cleansing merely clears the crystal of the accumulation of unwanted energies. First let's look at how to deprogram and cleanse our crystals. Despite the fact that the most commonly given method of doing this is to put them in salt, sea salt or saline solutions, we do NOT recommend this. Salt is a crystalline structure, and a great gatherer of discordant energies, or energies that have disassociated themselves from the Source, or from the Light. Crystals do not like salt; it gets into the microscopic cracks in the faces of the crystal and leeches out the water content. Just as you wouldn't like to be packed into salt, because you would dehydrate, so it is with your crystals. They dehydrate and then start to crack up. It is possible to actually deprogram and reprogram the salt in order to clear it of unwanted energies, but even so the crystals still do not like being in salt, because of the dehydration that it causes.

So how do we clear and cleanse our crystals? We do it with intent. We have learned already that thought is energy, and intent is everything. So first hold the crystal with the base in one hand (usually the right) and the point in the other. Formulate an intent within your mind, "You will be deprogrammed (or cleaned or cleansed)." Then affirm that the crystal is now de-programmed and cleared of all unwanted energies. (You may need to do this up to three times. Personally I find that using this combination of three is much better than stating it only once. It is also useful to remember that when you make affirmations that are going to alter your life, or the life of your clients or healees, then it is as well to use them in threes.) You can transfer this intent through your 3rd Eye or for those not used to using their 3rd Eye, through your hands, just as you would transfer Shamballa energies through your hands.

Once the original program is out of the crystal, we need to reprogram the crystal. We again use the same method of intent. I personally program all my crystals with a number of programs. Some are command programs, and some are what I would term subprograms. The first command program is: "You will only channel the energies of the Seed Blueprint of Creation, in accordance with Divine Will." The second part is: "You will be self-cleansing. Subprogram: you will not channel any energies that have disassociated themselves from the Light. Subprogram You will work when I day go, and stop when I say stop." I also always program my crystals with a subprogram that states that nobody can change the program except me, or, if I am programming crystals for somebody else, then I would substitute that person's name. You can add and delete many extra subprograms to your crystal. A crystal which is only 1" long is capable of holding thousands of programs all at once. You can program them to help facilitate various events, or to bring various energies into your life, such as connecting with your Higher Self, your I Am Presence, or for activating the ability to channel higher dimensional energies. You could, if you wished, activate them to bring about any healing modality. Personally, I do not program crystals to bring about specific healings in people. We should realise that we are healing facilitators, and not healers, and that everything should take place only in accordance with Divine Will. So, having programmed the crystal with, "the Seed Blueprint for Creation in accordance with Divine Will," any appropriate healing will automatically be channelled and amplified by the crystal.

To add or delete programs from a distance, just visualise the crystal that you wish to change, add or delete the programming of. Send the mental command to the crystal.

Now that our crystals are correctly programmed, we can start to use them in various ways. One of the reasons why crystals are so good for this type of work is because they are capable of holding very precise and steady frequencies. (This of course is why crystals are used in mobile telephones, radio transmitters and receivers, quartz watches, etc.) Crystals have within them spiral matrices, some spiraling to the left and some to the right. We therefore refer to the crystal as right- or left- handed, or a male or female, although I prefer not to use gender terms here. Look for the direction in which the smallest face of the crystal is formed. If the face is pointing straight up, then this indicates that the crystal can be used in either hand, and is a neutral channeller of energy. If the face is leaning to the right or left, then it follows that this is either a right-handed or left-handed crystal. Some of them have various angles to these slanting faces. The sharper the angle, so the more orientated towards the right or left hand it becomes. Sometimes you will find a crystal that has both a small face that leans to the right and one that leans to the left. In this

case the crystal has a double spiral and can be used in either hand. Left-handed crystals, used in your left hand, will take away energy and inflammation; whilst right-handed crystals, used in your right hand, will increase energy. Where the spiral is pointing straight up, then the crystal is very balanced and can be used for either of these purposes.

We can use crystals as energising tools in our hands. Strap them to your wrists with a wide piece of elastic, with the points facing downwards. Use one on each wrist, of about the same size, and they will amplify the universal healing energy, the energy of Unconditional Love, that is flowing through you during your healing session. You could also give the healee a crystal to hold in each hand, with the points facing up the arms. This is a very energising way of using crystals, and very, very gentle.

We can also form them into geometric patterns known as crystal mandalas on and around the body of the client. This is a much more powerful way of using the crystals in healing. The healee can be placed within a Star of David (6-pointed star) or double Star of David (12-pointed star) shape, which is even more powerful. You can build this mandala out of various types of crystals. All the types of crystals that I am going to discuss, except for the double terminates, are suitable for this type of mandala work.

Place one crystal on each of the points of the star (which of course forms 2 interlocking triangles). Your client or healee is placed inside the mandala, with the top point one hand's length above the head, and the lower point one hand's length beneath the feet. This will also activate the Alpha and Omega chakras of the healee. At one time we used to use copper wire to join up the crystals within the mandala, but we have now found that this is no longer necessary. Instead, you can use either another crystal, or a crystal wand, or even your fingers. Intent is again all that is required. Formulate the intent within your mind, as you move the crystal in your hand, or your wand, joining up each one of the crystals within the mandala. Start at the top of the mandala, the point above your client's head, and build the first triangle, all the time moving in straight lines from crystal to crystal. Then start at the opposite, lower point at the bottom of the mandala and join up the second triangle. By now you will feel a definite change in energy, confirming that the mandala has been correctly joined up and activated—as will you client, who is lying within the mandala.

To energise the healee, and cleanse and clear the aura, meridians, etc., place the crystals with their points facing inwards, towards the healee. The energy will then enter through the base of the crystal, and its frequency will be altered as it travels through the stem of the crystal. It will then be transmitted through the points. Shamballa energy may be passed on to the client now if you wish. You could then follow this by reversing the crystals, so that their points are now facing away from the healee. This will have the effect of drawing off all unwanted energies, lowering high temperatures, drawing away any inflammation, etc. Complete the session by turning the crystals inwards once more, thus re-energising and balancing the healee.

It is possible, with the help of intention, crystals and/or healing, to reqrogram our minds, our consciousness, or the consciousness of our cellular structure. This is just one of the ways that crystals work on the body physical, and on the consciousness. When you stop to consider the implications of this, it opens up a whole new avenue of possibilities. The blood, for instance, can be reprogrammed to become living crystal Light. This blood is carried to every part and cell f the body so you can encode this living liquid crystal, that is your blood, with the Divine Light codes. For instance, you can program your blood to channel your personal Seed Blueprint for your evolution in this life.

We can also reprogram our DNA, as this is also a crystalline structure. At one time, in the earliest history of this world, we had 12 strands of DNA, but 10 strands were taken away from us, by the beings from Orion. The result of this was that whilst the Blueprint of our physical cellular structure was left mainly unaffected, it robbed us of large amounts of our potential consciousness. This is reflected in the fact that 96% of our brain is now lying dormant. In other words, the end result of having only 2 strands of DNA active means that only 4% of our brain is active. DNA is vital to us, and everybody should now be working on the activation of their 12 strands (or more). [See DNA Activation Meditation, Shamballa manual, p. 37.]

A crystal mandala built in the shape of a 6-sided Star of David, or even a 12-sided star, is also a very powerful way of re-programming DNA, reprogramming your blood, activating your mind matrix, and other modalities. Yu can add sub-programs to the crystals that you use within your mandala, to expand your DNA with the divine Light Codes,

with the key codes from the Keys of Enoch, and with the sacred fire letters from the five sacred languages. By programming the crystals in this way, you will be able to activate the mandala for this specific purpose.

These Star of David crystal mandalas also have many other uses, for instance earth healing, improving the energies within a house, and office, or garden or on a smaller scale, making crystal-charged water. The applications are endless. When these mandalas are activated, they set up a holographic reflection of themselves, throughout dimension after dimension, right through to the Source. By building and activating these mandalas, you are drawing down a focused pillar of Light, which is of course Unconditional Love and Compassion, the only true healing energy.

Mother Earth is also a living being, just the same as we are, and she too has a meridian system, which is sometimes known as the energy gridwork or ley-lines. So by building these crystal mandalas on ley-lines, it has the effect of acupuncturing the Earth's meridian system. You may wish to bring some Light into your garden, by building a crystal mandala on your lawn. If you don't already know where the ley-lines are running through your garden, then you can find them by dowsing. You can also use this method to check whether these ley-lines are positive or negative in polarisation. You may then wish to inject some Light into any lines which are carrying discordant energies, and using a Star of David crystal mandala is exactly the right way to do this. I personally have built nearly 600 crystal mandalas, all over the planet, in order to help facilitate the transition into wholeness of Mother Earth, so I would encourage all of you to get involved in this crystal mandala building technique.

The vast subject of dowsing is probably beyond the scope of this writing, but it's a much simpler method to use than you might think. Many people say that dowsing id difficult, and that it requires certain gifts or skills in order to be a dowser, but it is actually the easiest thing in the world. We are all human tuning forks, receiving and transmitting a myriad of energies and frequencies continuously, and the reply to your questions in dowsing will come through your I Am Presence, your Higher Self. If you are interested in trying this method, then first find yourself a pendulum. This can be made either of a metal such as silver, gold, copper or pewter, or quartz crystal, or mineral. First check by asking which way this particular pendulum moves to respond with a "yes", and which way for a "no". Then start asking your questions, as clearly and precisely as possible. Just formulate the thought in your mind, again with intention, and allow the impressions to flow through you, holding the pendulum with an impartial mind. Ask the question, and then empty your mind, and take the answer that you get. If you think that you have not received the accurate answer, then you can always re-confirm or cross-confirm it by slightly re-wording your question.

You can also use this method of dowsing to check different crystal types, and what they are most suitable for. Draw a circle with a compass, divide the circle into equal sections, and write in each section one of the different crystal types that we are going to discuss later in this chapter. With the crystal held in one hand, and your pendulum in the other, ask your question about the crystal, and dowse the answer by holding the pendulum over each one of the sections of the circle in turn. If you find it difficult to visually or intuitively decide what type of crystal you are I possession of, then this method of dowsing will make it very easy for you.

CRYSTAL TYPES

There are many different types of quartz crystal available, but here we will just discuss the ones most suitable for our work. In the late 1970's and early '80's it was felt that we could identify 32 different types, but we have now simplified this into just a few basic ones.

Double-Terminated Crystals

As the name suggests, these crystals have a point on each end. They have the capacity to both push and pull energy through their ends. By placing a double-terminated crystal in between the chakras, they can then be used to move energy both upwards and downwards through the chakra column of the physical body.

Record-Keeper Crystals

These crystals have a raised pyramid, or triangle, on one face—or sometimes many on several faces of the crystal. These markings tell you that your crystal is a record keeper. Carefully check all the faces of any quartz crystals that

come into your possession. Sometimes you will need to reflect a light source off the faces, in order to be able to clearly see the triangular markings. It is not only quartz that can be record keepers. I personally have fluorite, emerald, and ruby from Merlin's Crystal mine in India, all of which are record keepers, and I have also seen these markings on other crystalline substances. These crystals can hold information that has often been recorded there thousands of years ago, sometimes from the time of Lemuria and Atlantis. They are just like libraries of stored information. You can also activate them by rubbing your thumb across the pyramidal triangles, in the same way as you can activate tabular crystals by rubbing your thumbnail over the lines that are ingrained upon them.

Elestial Crystals

These crystals are truly amazing. They are easily recognised by the number of terminations all over them. Unlike other crystals, elestials have been formed in water, and this gives them their unique appearance. They are excellent for helping you through any emotional processing, and can be used to stabilise thought patterns. They are also related to the angelic kingdom, so they can be used to contact the angels, who will often help you to overcome your emotional imbalances. Elestial crystals are very powerful, so do not even consider working with them if you are resistant to change. They will certainly bring to your notice any areas in your life which need addressing. They can also be used to greatly expand consciousness.

Channelling Crystals

These are recognised by their one large face, the other five faces being much smaller. This large face has seven sides to it. These crystals are excellent as a means to accelerate your channelling abilities, and they help to provide you with a clear link to your I Am Presence. This means that you can access much information, since your I Am Presence is a wonderful source of wisdom. They can also be used to access the energy of your healing guides, and the Ascended Masters, the Lords & Ladies of Shamballa. Sit down, with your eyes closed, and holding the channelling crystal in both hands, rub your thumb up and down the 7-sided face, whilst at the same time linking with the energy of the being, Master, Guide that you wish to channel. Then just wait for the impressions to come. These days it is very necessary to learn how to use these channelling crystals, because as has been previously stated, you can learn to channel your I Am Presence very easily with the help of these crystals. By doing this, you will see a big difference in your life.

Tabular Crystals

These are quite rare. They are very flat in their configuration, and can be used to activate other crystals. They are activated by rubbing your thumbnail over the lines that run across their body. They often hold a reasonable amount of information within them.

Phantom Crystals

These are also reasonably rare, but they can be found with all types of phantoms in them, which contain different types of minerals. The active properties of the crystal are therefore enhanced by whatever mineral they contain. They can also be used to tune in with your guides.

Self-Healed Crystals

These crystals are very important to us as healing facilitators. If you program your crystals with the "Seed Blueprint of Creation in accordance with Divine Will," as previously mentioned, then many crystals, especially quartz crystals, will start to remember their wholeness. As this happens, they start to grow multiple terminations from the base where they were removed from the matrix. These crystals are therefore very powerful for use in healing, because they have already learned to heal themselves. So watch out for these crystals. My personal experience is that once programmed with the "Seed Blueprint of Creation," crystals can start self-healing, and sprouting new crystals from their base, within a period of only weeks. We would encourage you to experiment with these crystals, and just see what can be accomplished.

Window Crystals

These crystals have small diamond-shaped faces, i.e. windows, which is an extra termination to the usual faces. You can use these windows to actually enter the crystal with your consciousness. Having entered the crystal with your mind, you will be able to experience the crystalline nature of the crystal, the Light that it generates, and ascertain its program. They can also be used as springboards to launch yourself into higher dimensional realms.

Laser Crystals

Laser crystals have long bodies, with balanced terminations. If viewed pointed end on, you will see that the apex of the pint is in the exact centre. They are used to transmit very concentrated beams of energy into any area where energy is needed. You can also use these crystals to sew up holes in the human aura, just as you would darn a sock. Many people have holes in their auras through electrical interference, the ingestion of prescribed or illicit substances, etc. The result of these holds is that the energy charge of the person is leaked away, like water through the holes in a bucket. These holes can also be used by energy thought forms, or other lower dimensional beings, to gain access and attach themselves energetically to the person. These lower energies will then transmit their own energies of fear and emotional imbalanc into the system of their host. Laser crystals are also ideal for joining up the crystals within a crystal mandala.

Charging your Crystals

Build your programmed crystals into a Star of David mandala, with the points of the crystals facing inwards. Activate the Star, then place any crystals that you wish to charge inside the mandala. Leave them in the mandala for 12 hours, and the crystals inside will become highly charged, and have far more energy for you to utilise in your crystal healing work.

Care of your Crystals

Try to obtain crystals with good, unchipped terminations, as the more balanced and perfect the terminations, then the more focused are its energy transmitting characteristics, especially if you are using laser crystals. Always ensure that your crystals are now allowed to be knocked together, or against other hard objects. Once they are programmed, knocking them will actually release large bursts or charges of energy from them. It also upsets the internal matrix of the crystal, and its internal structure, where the program is held. Try to keep your crystals, when not in use, wrapped in cloth, in individual pouches. Although crystals are quite hard, quartz is about 7.5 on the Mohr's scale of hardness, they are also quite brittle. Remember, your crystals are valuable working tools, so look after them as such.

For further information about working with crystals we would highly recommend reading Love is in the Earth: A Kaleidoscope of Crystals, by Melody.

MERLIN on EARTHWORK

I AM Merlin, the one that many know as the magician and the teacher of King Arthur. I would like you to know that I am not myth, I am not legend. I am Merlin the magician, and I am here. I come to speak with you on the subject of what many would call earth healing. I myself would prefer to call it earth working. Earth working in numerous, different ways.

First of all I would like to say that there are many human beings that have a habit of believing that they have saved the earth. They travel off to well-known places like Giza and Titicaca and all these well-known sites. For me, I am always very happy when people go to these places, for it means that their attention is focused in the wrong place. Why does it make me happy when their attention is focused in the wrong place? It wouldn't take much thinking about really now, would it? If they are messing around in these places, the points upon the earth that are now the truly holy and sacred sites are being left alone by these interfering beings.

Have you ever noticed how so many just have this total belief that they have saved the earth? And if every one of these people had really saved the earth, we would definitely be in another dimensional reality. How many people did you hear claiming that they had activated the ascension codes in Giza? Again, it does not take much thinking through that if they had, things would be very different. I would like to tell you that the ascension codes are not kept in Giza, anyway. They are somewhere else in a completely different country. I would give you one small clue. They are on that island that once was my home during the time of Arthur. And before you all go off stampeding to Stonehenge and other places, the codes are not there, either. At the moment there are only two or three people upon the planet that know where they are, and we intend to keep it that way for now.

Many of these people go off and they take crystals with them in their workings. They take crystals that have not been processed or programmed, and they put them into the body of the earth mother and create discordant energies within her body and grids. It means that somebody at some time at some place has to clear up these energies. It is not a question of going and taking these crystals out, it is a question of programming the crystals correctly. This of course can be done remotely on most occasions by beings that have the knowledge and the focus.

I Merlin am not trying to discourage the people who believe it is their mission to save the earth. In many ways I encourage them. Because at least it keeps them out of any other mischief they may get into. And after all, we have the technology, we have the beings to do the reharmonizing, re-balancing.

So, I would like to speak to you on just how you should be working with crystals in conjunction with the earth mother's energy body. Of course there was a time when I would have encouraged everybody to lay mandalas of six-pointed stars. But the energies have been changing rapidly. Many would not realize that we have already been through a dimensional shift. And because we have been through this dimensional shift, it is necessary to change the configuration of the mandalas. What configuration should you now use? You should lay mandalas with twelve-pointed stars. In other words, a double star of David, twelve crystals.

Of course many human beings are resistant to change. It has been a thing that I have noticed over thousands of years. And where humans are resistant to change, they have a tendency to make all kinds of excuses not to do things, so many will make the excuse, "I do not know how to do a twelve-pointed star." Most human beings understand that one plus one equals two. And that one six-pointed star and another six-pointed star make twelve. So this is not a riddle. It is information that tells you that a twelve-pointed star is two six-pointed stars. So how would you lay them? You would lay one six and then overlay another six on top of it. Very, very easy.

Now we spoke about programs and programming. The programming of these crystals must be very precise, for if they are precise it means we don't have to go change the programs after the people have left. And what programs would we use? We would use a very, very simple but all-encompassing program. We would program them so they would bring down the seed blueprint of Creation. This program allows the crystals to change their programming as the seed blueprint evolves and changes. For good measure you could also throw in that they will bring down the Mahatma energy for those others that may hear or read or see this channeling. More information is available on the Mahatma from many many different sources. The most concise information that is available is from Brian Grattan and Vywamus. So use the Mahatma program in conjunction with the other. Also, make it that the programs of the crystal cannot be changed by anybody but you. And this will prevent the mandalas from being interfered with—by those beings that consider it is not in their interest for the consciousness of mother earth and her children to expand. For expansion of consciousness brings freedom and many still have it on their agenda that there will be no freedom. It is not my place as Merlin to go into the dark places of control and depression. For me it is just enough to inform you that some beings have a different agenda than you.

Now it is also possible for these mandalas to be laid holographically. For the sake of this channeling that I want to be freely distributed—this channeling supersedes all other channelings that I have ever brought through on earth working and healing with these crystal mandalas. So it is possible to holographically imprint these mandalas. Oh, of course I hear again the human beings say, "How can I do that? I am only a human being." Do I have to remind you that you are all God and Goddess? I suppose I do. Sometimes I think that my voice is stuck in a groove like a stylus or a needle on a record. "You are god/goddess, you are god/goddess, you are god/goddess, you are god/goddess…..the

needle stuck, the needle stuck, the needle stuck, the needle stuck….Maybe if we made records or CD's with "You are God/Goddess, you are God/Goddess, You are God/Goddess……." (rapping of the God/Goddess hit!!!!!) "What marvelous music, oh now I believe I am God/Goddess, it was on the radio! Oh and they made a video and showed it on the TV! They looked very beautiful! I am as beautiful as that! God/Goddess, God, God/Goddess, God, God/Goddess" (rap rap).

Because you are all God/Goddesses you can holographically imprint mandalas. You can holographically imprint anything. Anywhere in the whole of Creation. Isn't that good news? If everybody really understood this, the revenue of the airlines would go down fast. As all these beings that thought they were the saviors of the earth wouldn't be buying tickets to travel. They would stay in the comfort of their own homes and send holographic imprints of mandalas to anywhere on earth that they consider needing rebalancing.

Do I need to give you information on how to form these holographic images in your mind? Well, I understand that the persons present at this gathering probably have enough information on holographic imprints and holoforms, but many others would not consider they had brainpower to do it. It is a marvelous thing that I have noticed about human beings. They always consider they need more training. Wake up! You are everything now! Once you realize this also, the workshop facilitators would have their revenues drop down.

So what will they do? They can sit in their homes and send holographic imprints. It will keep them happy believing they are saving everybody. It's about time that humans realize that nobody needs saving. The earth doesn't need saving, you can all save yourselves. It's the tendency you have to give your power away that makes you believe you need saving. You can imprint yourselves holographically with saving holoforms. So what is a saving holoform. Of course you must realize by now that I am being jovial and I am having a laugh at your expense. What you may consider to be a saving holoform I would consider the holoform of wholeness. You mean it is that simple, that I can be saved? The answer is yes. I will try and focus my mind and be a little more serious with you.

But understand that for me, Merlin, sometimes that is quite difficult. Often light-hearted fun with others brings about really quick realizations. Sometimes realizations can be reached very quickly with fun, jokes and laughter. Realizations that often take people many years, many years of supposed study and dedication, can be realized in a second through laughter. You should learn to laugh at yourselves. Learn to laugh at your thought processes and thought patterns. Because once you learn to laugh at yourselves, one of the greatest realizations that human beings often have is how ridiculous their previous belief system was. Of course, when I say how ridiculous your belief system was, it is not a criticism, for it is your belief system that helps you to realize the nature of your true selves.

But often, for thousands of years you would hold onto these belief systems, becoming entrenched within them. You would believe in them so much that it would be like existing in a box. You would start not to understand that there is creation outside the box that you have constructed. You would think that the sides and the walls of the box are the end of Creation. It's not true, Creation is infinite. When you realize that the Creation is infinite, you should start to realize that there is infinite knowledge to gain. That there is infinite amount of energy to be absorbed, so that where a truth was to you—the amazing discovery that you thought that encompassed the whole of Creation—you will find that it was merely a tiny fragment of Creation. So change is what is needed, change in thought patterns, changes in lifestyles, changes in teachings, changes in philosophies, changes in sociological structure, changes in philosophical structure—in other words, complete change. Change the way that you work with the mandalas. For holographic thoughtform imprints from a concept in your mind of twelve crystals in the shape of a double six star. These crystals can be any size that you would like. If you would just quiet your minds for a moment, I will ask you to start forming these expressions within your mind. And I, Merlin, will help each and every one of you present to form this concept, to see it in your mind's eye. So sit quietly for a moment and we will start creating.

Now you see these twelve activated crystals in your mind. Let's program them with the divine blueprint of Creation, also known as the seed blueprint of Creation. So now I Merlin will imprint these holographic crystals that each and every one of you have in your mind with this program. Seed blueprint for creation activated (puff). We will just spend a few moments now, feeling and seeing that energy with the seed blueprint. [pause]

So now let's imprint these mandalas so that they channel the energy of Mahatma—the I Am Presence of Source—I do

that now for you (puff).

And now the energies of Unconditional Love.

And now, self cleaning, self harmonizing and self balancing.

And now nobody can change the program except for you.

Now these are the series of the programs that you put into your holoform or your holographic crystals. So now all you have to do is place that hologram into the earth. And you have it—one holographic crystal mandala programmed up and running. But now with each and everyone present we are not going to put this hologram into the earth. We are going to insert this hologram into your higher heart chakra, into your chest space. For those that have got the capacity to think logically and for those that know that your heart chakra is represented as a twelve petal lotus, it might be easy for you to think through that integrating a twelve-pointed activated mandala into your heart chakras will enhance your capability to love unconditionally and greatly increase the amount of high vibrational light that you are capable of grounding through this chakra.

So you could work with this yourself, but I Merlin will help you with it. Let us now move this activated holoform from our minds into our hearts. And I move this with you into your hearts now. And now I further activate it with the energy of the magician (puff). Your hearts are shining stars.

Others outside this workshop could use this technology to further activate their higher heart chakras. This holographic imprint will help you to allow the magic, the magic of love, the magic of laughter, the magic of lightness to manifest in your lives. It will enhance your healing, it will enhance your channeling processes. It will enhance your lives in general. For those of you that have experienced the Grail meditation with me, you may visualize the holy grail within the center of this holographic mandala. This will further enhance your capabilities, will help you to realize your multidimensional reality. For those of you that have not heard of or done the grail meditation with me, I suggest you look for a copy of this meditation and practice it on a regular basis. This does not mean that you have to do it every morning and every night. But if you visualize that grail and the energy of Mahatma love and light and Unconditional Love flowing into it to overflowing before you channel or heal, you will find it will be much easier and more focused.

Now think of this. That every time that the seed blueprint for Creation changes—and it is, incidentally, changeable, it needs to be infinitely changeable, because every time a person walks in or out of the light, the whole plan has to change. The final part of the plan never changes, because the final part of mother/father Source's plan is that all beings shall return to Source. All beings will be brought into the consciousness of Source. But the way that this is facilitated for individuals, for races and countries, is constantly changing. Because of the constantly changing minds of humans. So when the seed blueprint changes, when the plan of the seed blueprint changes, you are already well and fully equipped to absorb the new and changed energies—through this twelve-pointed holoform you are instantly in touch with the changed energy. It will save you a lot of effort and work.

There is an idea among humans that if there is anything worth having, it is hard work, and you will have to work very hard for it. I Merlin tell you that anything worth having comes easy, and working with magic is easy. So, hopefully I have given you some information which will be useful to you. If you think it won't be useful to you, well then put it aside. There may be a time in the future when you come to the realization that it could be useful.

Of course, I Merlin do not expect all the people of the Earth instantly to believe what I say. There are so many diverse, different types of beings with different ideas and philosophies, creating for themselves different degrees of limitations, creating for themselves different degrees of freedom. And there was never any being that could please everybody on earth simultaneously, although I myself am working on it. Why have I been around for thousands and thousands of years? It has taken a little while.

So my message to you is to allow the magic to manifest in your lives, allow the magic to manifest within your hearts. Allow the magic to manifest in every aspect of your lives.

I AM Merlin, magician of those western isles. I leave you in my love and I salute the divine within each and every one of you. And I rejoice in every step that you take along your path, for the place that you are now is perfect for each and every one of you.

Blessings.

(Channeled through Hari Das Melchizedek/John Armitage on Easter Sunday, April 23, 2000, Munadarnes, Iceland)

Anchoring the Diamond In Your Heart
Channeled by Haridas Melchizedek—Crystal Skull Workshop, Plattsburg, NY

I AM Arcturas, the leader of the Arcturian race, of the beings of the Ascended ones. We are a technological race; we are 5th dimensional technology, beyond—way beyond—the concept of the conscious mind of most humans. [We have been designated by?] our creator, Mother/Father, to work with the Light technology, and we can help you to recreate more light into your physical structure. We can help you to integrate more light into your light bodies.

We have a very simple technology. If you would like an experience in increased light quotient, you have positioned above this building some of our brothers and sisters standing by to work with each and every one of you. We cannot do this work unless you give permission. We cannot do this work unless you ask. So therefore, I must ask each and every one of you as a group collective, do we have permission to work with your light? Should I take the silence as a collective no? Should I take the silence as you do not wish to interact with us? If you do wish to interact with us, please say yes. [Group replies "yes"]….You see, unless you speak the word "yes", we do not have permission.

So just allow yourself to sit comfortably, and this will take just a few moments. I would like to say to you that you will not get 100% light quotient increase, or you light quotient increased to 100% in one single moment, because if you did, your cellular structure would not, in most cases, be able to cope with the light increase, and you would disappear. Many of you have tasks that you have volunteered to do upon this planet, so therefore you would like to stay. You see, every time you ask us for a light quotient increase, it will be increased by the relevant command you call in, by the will of your own individual glorious I AM Presence. So now, I Arcturas, will bring down this light… you just open yourselves up to receive. I bring the light now……[long pause]

And we have now gathered here all the light that you are holding in this room to activate the diamond frequency. Feel it and imagine it—that diamond energy all around you. You will understand and know that you do receive, and trust that your consciousness can do—that you are together with me and you are in the diamond. Gaia is now receiving the diamond frequency and reaching all on your planet. This is not only for where you are in a physical location on your planet. Gaia and her light body are now receiving the diamond frequency. And all colors will now come through this diamond. And there will be many more colors for you to see. Colors for which we do not even have words in you language. The celestial colors come swiftly.

Allow these colors to dance—to dance in your cellular structure, the molecules, the electrons, super electrons and microtrons, your subatomic particles, allow full spectrum of the Shamballa Diamond to flow through the whole of your cellular structure, transforming, reconstructing, transmuting all your cellular memory of failure, all cellular memory of abuse or abusing, all cellular memory. It is your own mind withholding love.

I GERMAIN will now bring a big charge of this energy—or a large blast of this energy, however you would like to put it. And I bring this energy NOW!!! …… You can energize with this Shamballa Diamond. How will you do that? You can bring the energy through by saying "Activate the Diamond!" It will enhance your working in conjunction with all other energies—be it Shamballa Reiki, or any other kind of Reiki, as I said, energy—any way in which you work in a spiritual way. If you use this Light of the diamond, or Love of the diamond, the energy of the diamond to bring the Light into dark corners, into situations where there is disharmony, any situation or anything that is not of the love…this is mine, given to you this day. The Diamond is activated in your hearts now. Love…pure Love. Wherever you go, whomever you touch.

Haridas to Germain: “I need my cellular structure for another day!”
Reminder from Kathleen: “Please remember to drink lots of water, as our cells transform we need to hydrate our bodies again.”
ENDOCRINE BALANCING MEDITATION
By Judith Poole of Pooled Resources

This is a meditation designed to balance brain function and the endocrine system, starting with the crystal palace, which is located directly behind the mid-brow, and below the crown, in the center of the head. Major organs of the brain are located in the crystal palace—the hypothalamus, amygdala, pineal and pituitary glands among them. The endocrines are the next most subtle structures in the body after the chakras, and they are closely related to the chakras. They produce hormones and neurotransmitters that regulate the many functions in the body, and what makes them unique is that they use the blood stream rather than ducts to distribute these hormones.

Begin by centering. This exercise can be done standing or sitting, but it is important to be relaxed (and not collapsed). Close both eyes, and then open them very slightly, but rather than looking at anything, just glance down and keep the eyes soft, not trying to see anything. Imagine you are in the center of a tube of violet light that extends down from the North Star through your body and down into the earth. As you focus at each center, intend an actual smile to each gland. Allow your intuition to guide you as to how long to remain at each center. As you breathe to a center, imagine that the energy is moving in a spiral.

Start to breathe in through the left eye, to the pineal gland in the crystal palace, and from there, draw the breath back to the center of the occipital ridge, the bony protrusion at the back of the head. Hold it for a few seconds, imagining the energy spiraling there. Then exhale back to the crystal palace, out the right eye, and to a point in front of you as far as your thumb can extend. Focus your mind on the pineal, pituitary, and other brain organelles.

Continue, this time beginning by inhaling through the right eye, exhaling through the left, and keep alternating which side you are breathing from. After awhile, shift so that you are breathing in and out through the mid-brow area, rather than the eyes. Let your intuition guide you as to how long to remain focused at each center.

Next, draw the energy down through the core channel in the center of the body from the crystal palace to the throat area. Breathe in from a point in front of the throat; extend the breath through the body and out the neck, and then reverse and breathe in from behind the neck and out the throat. Focus your mind on the thyroid and parathyroid glands.

Draw the energy down the core channel to the heart center. Breathe in through the heart, draw the breath through the body, and send it out through the spine behind the heart. Then reverse the breath. Focus on the thymus gland.

Draw the energy down the core channel to the solar plexus, between the bottom of the rib cage and the navel. Breathe in through the solar plexus, and out through the space between the last thoracic and first lumbar vertebra. Reverse, breathing in from the back and out from the front. Focus on the pancreas, which has both endocrine and exocrine functions.

Draw the energy down the core channel to the sexual center. Breathe in through the front of the body, and out through the tip of the sacrum, sensing a connection to the ovaries or testes. Reverse, breathing in from the sacrum and out from the top of the pubic bone. Focus on the gonads.

Draw the energy down the core channel to the perineum, between the vagina or penis and the anus. Breathe in through the root chakra, and out through the crown. Reverse, breathing in from the crown and out through the perineum. Focus on the adrenal glands, above the kidneys.

Connect the energy from perineum to sexual center, sexual center to solar plexus, solar plexus to heart, heart to throat, throat to pineal gland, and then reverse, pausing and spiraling at each center. Repeat until all centers feel open and balanced in relationship to each other.

Sit quietly, let the breath relax, allow the balancing. Let yourself be aware of the adjustments the body makes spontaneously. Enjoy the centered feeling. Make a holographic picture of this state of being. The more you practice it, the more you will be able to return instantly to this state of calm. Take note of any changes you notice in physiological, emotional, mental or spiritual function.

[Judith Poole is a Healing Tao Instructor and Shamballa Reiki Master. She specializes in Qigong and Energy Psychology, Trauma Release, and Allergy Antidotes. She has written two wonderful books on recognizing and managing subtle energy: More Than Meets the Eye: Energy and The Little Grounding Book. Visit her website at www.HealingPoole.com .]

QUAN YIN on RELEASING KARMA

We would like to talk to you about karma, and releasing karma. It is a very interesting subject, because people tend to think that karma is a thing that is unavoidable. One of the great things of now is that it is possible to be karma free. Becoming karma free is extremely simple. Most people don't actually realize how karma works.

This word "karma" has been bandied around for years and years. People say, "How are you today?" and you say, "Well, everything is terrible. I'm working out my karma with the person." So, this word "karma" actually means cause and effect. Every cause has an effect, so if you think this through, you will understand how we can become slaves to the effect. We're the people that put the cause into it. The effects then ripple out, just like throwing a stone into a pond. If the pond is calm, and peaceful, and serene, and you hurl a huge stone into the middle of it, then what happens is that long after the stone has disappeared and you have already done the action of throwing it, you get the ripples, the effect of throwing the stone in. This is a very easy way of summing up this doctrine or this law of cause and effect.

There was a time when people thought, "If I do good works, I will get good karma." So people tended to get involved in healing, spiritual work, spiritual counseling; they became peaceful and thought, "Yes, with all these good works I am gathering good karma." But what I, Quan Yin, would like to say to you is that all karma is undesirable, be it good or bad, or supposedly good or bad; because a lot of things that human beings tend to think of as bad are actually good for that person. It is through these effects that people are able to learn.

But what is being said to you now is that there is no need to go through any pain and suffering in order to learn anymore, because all the information is available for you to work with. It is not a question of doing good works for good karma, because all karma has to be balanced, be it supposedly good or bad. You imagine that if you are doing lots of good works, and you are saying to yourself that you are gathering good karma, well, you will have to balance that out somehow. The people and the situations that you are involved with, those situations have to be balanced, so good karma is as undesirable as bad karma, and we will put both those words "good" and "bad" in quotation marks and underline them to make you realize that in the eyes of the Source, in the eyes of the Creator, this energy that many people would term God, or Mother/Father God, that there really isn't anything such as good or bad. Good or bad does not exist. It is conditioning that makes people believe that some things are good and some things are bad. In fact it is a judgement, and when you understand what judgement does, judgement also encircles you in energy which is limiting. So every time that you say, "This is good, this is bad," or, "This person is good, this person is bad," or "This act is good and this act is bad," well then, you are judging, and that is not good. As human beings you have been told that God is the judge and God judges everybody, but in fact God judges nobody.

This is why the Ascended Masters, and many other beings that are working for the Light, and for the Source, in the advancement of consciousness, and the anchoring of the Light, are not actually looking for saints and representatives. Nobody takes any
notice of saints, not until long after they are dead, or long after they have taken their ascension. Nobody listens to saints. They say, "Saintly person, that has no relevance to me." God doesn't judge, we judge ourselves. And when we say that this is a bad act, or this is a good act, both are acts of judgement, which is undesirable in this process. What we have to realize is that, as Kuthumi said earlier on, there is no such thing as mistakes, only lessons; and no such

thing as problems, only solutions. Through letting go and appreciating that you are a Christed being, that you as individuals are Christed beings, this means you can let go of judgement: judgement against yourself. A lot of people say, "I can't do this, and I can't do that, and I can't do the other, because if I did this, or that, or the other thing…" What I would say to you is that every time you hold those thoughts within your mind, then you limit yourself, and bind yourselves to karma, the law of cause and effect. So it is now a question of just allowing yourself to BE.

Many people now have the ability of tuning into past lives. There are many people around who have the capability of tuning into past lives for those who can't do it for themselves, and a lot of information comes forward on past life scenarios. People say, "Well, I did such and such a thing in a past life, so therefore I can't be all that good." But many ones have had a very checkered life upon Earth. Any ones that can say that they have always been whiter than white and with the Light, who is going to put their hand up? Nobody is going to put their hand up, because it never happened. Even the Ascended Masters went through their processes, so if the ascended Masters were holding onto the times when they had actually been in the dark T-shirt teams, they would still be asking, "How can I wear a light T-shirt, how can I be a worker for the Light?" So as you hold onto these deeds and events in past lives and in this life, that ties you to the energy of that event or thought. And that ties you to that level of consciousness, and that is karma in action.

So it is not a question now of everything has to be balanced, because everything can be balanced. All you have to do is to let go of these thoughts, let go of these ideas, let go of the fear that is associated with that, let go of the feelings of not being good enough, and go forward. You are all healers, you are all saints, you are all Ascended Masters, you are all beings of the Light. To stay in that situation, all you have to do is make those affirmations. So this is why we say that everybody can become karma free. It is not because the Karmic Board (and I, Quan Yin, am the Chairperson of this Karmic Board) have actually got our heads together and decided to let everybody off. You see, we are not particularly interested in individual karma at all.

We the Karmic Board are more worried with the karma of races, with the karma of towns, with the karma of countries, with the karma of cities. There are many, many things that hold different countries, even different towns, different communities, in karma situations, because many of the beings there have performed many, many different acts against others, at different times, in different lives, and these beings tend to conglomerate, they tend to reincarnate and come together again in other lives. They have still got these energies, these thoughts, these feelings. Now, you can put this into a very simple context. The word is out that the cold war is over. Everybody knows what the cold war was; it was this thing between Russia and America. Of course, Great Britain was involved, too, because of their association with America.

What everybody was told was that communism was bad, and not healthy, and that if the communists managed to invade your country, either in person or in consciousness (because there is not a lot of difference), the result is the same, you will not have a very good time in your material lives. So many, many people came to the idea that Russians were bad. This was a very common idea, that Russians were bad, when in fact many Russian people are very beautiful people. But in the minds of many, Russians were bad. So that gave Great Britain karma with the Russian people, and in some ways that has to be worked out. Of course, we can work it out by sending the Russian people Love and Light. So that is just one instance of the way that this karma between countries works. Now think of the karma that the German nation has with the country of Israel. Not that the Germans really ever attacked Israel, but what they did was to attack the Jewish race. Because many of the world's Jews are in Israel now, it is obvious that Germany has a lot of karma with Israel. In many ways, the Germans are actually addressing that, because many Germans go to Israel now. It is amazing how may German people you find in Israel; tourists, holidaymakers. In the sixties, when I lived in Israel, Germans were abused. If you had a Volkswagen car, people threw stones at it and chanted on the streets every time you pulled up in it. It was like that. But in fact, the Germans are going there now, and one of the things that the Germans are doing is spending money there, and the fact that they spend money helps balance things out, because it gives the Israeli government cash to play with, foreign currencies. So you see, they are helping to redress the balance of karma there.

All that I am saying is that all you have to do is affirm that you have no ties with anybody. Archangel Michael is the great one for this. He can give you ways of cutting these ties, and really cutting off your links with everybody. He will help you to cut the psychic ties, not only a blanket of psychic ties, but you can actually choose whatever psychic

ties you wish to cut. Preferably I would say that you should cut them all. But you see, sometimes you have ties with people through your base chakra. You might have had sex with them. You might have had a marital relationship with them, and on one level you are tied through your base chakra, and through your second chakra, because that's where the energy of that activity flows from. But you also may have ties with the heart, too. If you have ties with people, then this is undesirable, because these psychic ties are like links, energies, cables, communication cables. Every time they start thinking about you, be it positively or not so positively, you are actually bringing that energy into you. That energy is flowing into you, so it is very, very possible that many of the things that you feel, and the confusion that you feel in your lives now, has to do with somebody else. If you really think about what that means, it is like being a cork on a stormy sea. You are picking up so much psychic debris from others through these cords, through these communication lines, so it is necessary t cut them off. If you cut them off, again that helps you to sort your karma out, because if you've got this to-ing and fro-ing of energies between others (and you can see so many people that have so many connections on a psychic level), and this to-ing and fro-ing of energy actually just binds you to everything that has gone on between you. So we would ask you to work on cutting these ties, and to work with Archangel Michael. Affirm that you are karma free, and that is it, you are karma free. Affirm that no longer are you subject to the laws of cause and effect, because this is being a creator of your own reality. You don't have to go through this reality of processing, this buzz word "processing". You don't have to go through emotional trauma to get there. Just affirm that you are karma free, that you are Love, and affirm that you are Light, and then that is what you are.

When you affirm, "I am confused, I am miserable, I don't know where to go." When you affirm that someone is holding you back, that in your relationships the other person makes you miserable and confused, that is actually the situation that you bring. So what we would ask you to do is to follow this very nice modern system of yoga. It's called Laughter Yoga. We've had denial yoga, starvation yoga, lock-yourself-away yoga, plank in the face yoga. We've had duvet yoga, "Can't get up, I'm too miserable." But now we have laughter yoga. Moving into laughter yoga really helps to free you up and make you realize how silly your thoughts and feelings are, these thoughts and feelings of confusion. If only you could learn to laugh about it and just see the funny side. Many, many ones want to connect with I, Quan Yin, and ask me many questions about their lives, and why they are so miserable and subject to so many discordant energies. Sometimes I just feel like laughing at them. It is not because I think that they are stupid. It's because I just see that there is no reason for it, no valid reason at all in the eyes of God and in the eyes of the beings that will help you to drop the discordant energies. Just learn to laugh, because if you learn to laugh at yourselves you can see that when you get into confused thoughts and you start wandering round in circles and you don't know what to do, if only you sat down and laughed, everything would just lighten up. If only you just sat down and laughed instead of sitting down and crying.

It is a human tendency to think, "Why is this always happening to me?" It's a human tendency to think, "It's only me that gets it." It's a human tendency to think, "Well, why am I not as holy as the rest of them?" What I would say to you is that you are as holy as the rest of them. The reason why it is only you that is getting it is that it is only you that is creating it in your own life. You are actually creating it in your own lives. Being a co-creator of the reality on Earth and being a co-creator and creator of your own reality is something that everybody has to understand that they are capable of. This might sound like a bit of hell-fire and brimstone message, but it is not. It's just the way things are. So again, just let me say the words to you: co-creator and creator. Everybody is co-creating the level of consciousness here on the planet. The only reason why the third dimension still exists is because people wake up in the morning and think that they are in the third dimension, and collectively people indulge in activities and thoughts which relate to third-dimensional consciousness. In fact , we are not in the third dimension at all. Earth isn't in the third dimension, Earth has moved on. I Quan Yin will now tell you that the Earth is now actually in the fifth dimension.

Now that will make some of you wonder, because you all thought that fifth dimension was ascension, didn't you? You see, the carrots have been dangled on the sticks in front of your noses, to keep you moving forwards and to keep some ideas in your mind about this process of moving onwards. Now we are not saying that the human beings are in the fifth dimension. What we are saying is that Mother Earth is in the fifth dimension. Human beings are still catching up in consciousness. But when we say that human beings are not in the fifth dimension, we will change that, and we will say that many human beings are actually in the ninth, tenth, twelfth, fourteenth and much higher dimensions, but they are still living here and they don't know that there are there. It's possible for you to be existing in ninth and tenth and twelfth and thirteenth and fourteenth dimensional consciousness, without actually realizing it. Marvelous, isn't

It? You see, the planet will go through dimensional shifts, and the planet has already moved out of the third dimension into the fourth dimension years ago. That's when everybody started getting confused.

That's when people started asking, "What's happening? We don't know what's going on." And that's when even the lowliest person in the street in consciousness started saying, "Something's different, but I don't understand what it is. Why am I so emotional? Why am I so angry?" Because this emotional trauma and confusion comes out in all kinds of ways. Fear and anger are two of the main ones. Why am I so angry? You can see that there is a terrific amount of anger around in the world in which you live. There is a terrific amount of anger around because people don't know that their consciousness is changing, and they don't know how to go with that. They become very frustrated. So therefore people get angry at the least little thing. You can see that in your news and media; it is full of the news of violence, even in places where violence was never heard of. In the small villages and in the village pub, violence erupts at the slop of a drop of beer. Violence just erupts, and this is a reflection of people's confusion, because of the change in dimensional consciousness.

People still haven't worked it out yet. Also there are other reasons, because time is different now. People say that there is no time, but there isn't anything such as time, except what human beings have laid upon themselves as a system of control. Obviously time was brought about so that everybody could get to the factory on time, and sell their souls for nothing, for another day, for another crust. Time was invented so that people's activities could be synchronized. In fact, there is no time within the universe; time is eternal. It is only in this dimension of consciousness that time supposedly exists.

But people are now saying that time is changing. People say that there are not enough hours in the day. People say that they are sure that time is speeding up. Time is not speeding up; the spin of the planet is slowing down. It gives you the illusion of less time. That's what is really happening. Again, this contortion in space and time is making people confused. They don't understand what is happening. People that have never heard anything about spiritual life, people that have never heard anything about Christ consciousness, and people that don't really understand what Love is.

What most people actually think Love is, is dependence based on fear. It is always a question of, "If you do this for me, I will love you", and "If you do that for me I will love you", and "If you make me feel safe I will love you." What I, Quan Yin, say is that that is total illusion. It is not Love, it is dependence. And what we don't want is for you to be dependent upon anything, except Unconditional Love and Compassion. It is the only thing worth being dependent upon; Unconditional Love and Compassion. And once you become dependent upon Unconditional Love and Compassion, I guarantee you that karma is no more, because you have just allowed everything else to go. You've cut all the links, you've cut all the ties, you've dispensed with all these energies which are holding you in confusion. It's like when you have all these discordant energies around you, and this love based on fear and dependence, it's like being in a chrysalis, it's like being in a cocoon. You are just bound up and constrained, and just there in nowhere. You are just there in the nether regions of existence, cut off from the energy of Love, and cut off from the energy which we call Mahatma, and also cut off from the compassion of all the angels, the Archangels, even the two-dimensional elemental beings that live inside the Earth.

If the two-dimensional beings weren't there, there wouldn't be any third, fourth or fifth dimensional beings. Think of that one. They are supporting you as well. They have got compassion for you as well, the two-dimensional beings, the two-dimensional energies. In fact, it might surprise some of you when I tell you that the two dimensional energies, that the two dimensional beings are the healers of the human race. There are certain of them that are charged with the healing of the human race, and support the human race in that way. So when you are cocooned in this energy of fear, and cocooned in these discordant energies of dependence, what can you experience except fear and feeling of dependence? Those of you that are familiar with eastern kind of philosophies will know what I am going to say next; that when you emerge form that cocoon, what are you? A butterfly, and all of you know how beautiful butterflies are. How colorful they are, how free they are. It's their emergence from this cocoon of discordant energies, this cocoon of karmic energies, which you gather around yourselves, the emergence from there is what you could say this ascension process is about. It's moving into Love, it's moving into Compassion, and it's moving into freedom, because that's what Love and Compassion is. The energy of Love and Compassion is the energy of freedom, because you can't be free when you're fearful. When you've got fears about anything, you are not free.

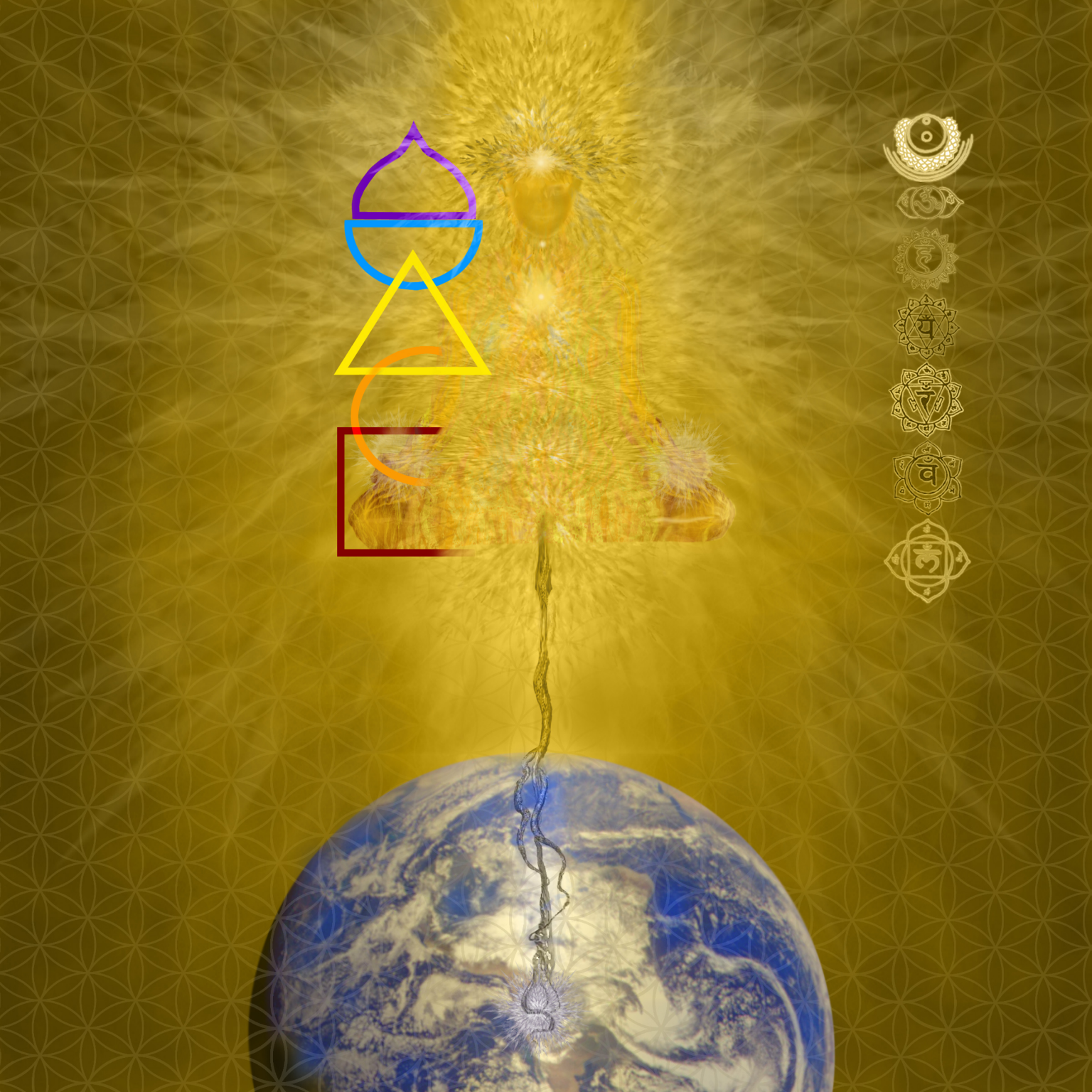
All human beings have got these different ideas of freedom. Is freedom having plenty of money? Is freedom having the capability of travelling anywhere, and going anywhere upon your world? I look at the people that have that capability. Look at those people who are termed millionaires in a material sense. Many, many of those people are considered to have total freedom. But they don't have total freedom. Yes, they can transport their physical bodies wherever they might like. They may be able to buy any kind of physical experience that they require, but you can't buy Love. Not Unconditional Love, because it is not for sale. Unconditional love is totally free, and it's there for anybody that wants to take it. There's no price, and you don't even have to do anything to take it. What I always say when I go to the Unconditional Love dealers is, "Put some salt and vinegar on it, don't wrap it. I'll eat it now!" Because that's what everybody should be doing; just consuming Unconditional Love like a glutton. Just consuming it until you are so full of it that the end result is total freedom. Total freedom from all fear, and total freedom from all constraints. Become karma free.

This is what I ask you to do. And dispensations are there now. At one time, people had to work hard, but now you don't have to work hard anymore. All you have to do is affirm, "I am free, I am Love, I am Compassion." And the energy of freedom just flows into your life. The energy of freedom just overwhelms all other constricting energies. To sum up what I have said, I would ask you to just allow this energy of Love and Compassion, this energy of the I AM Presence, of the Source, this energy of mahatma, just allow it to flow through your whole being. And anytime that you get discordant thoughts, and you get the energy of fear trying to encroach on your love space, just call in Germaine. Germaine is the Keeper of the silver/Violet Flame, and this Silver/Violet Flame has a ferocious appetite. It can't be overloaded; it is just there to transmute these energies into Love. And every time that these energies start coming towards you, just affirm, "You are not part of my reality. You are not part of my life and my energy." And if they still keep coming at you, because often they will, you will need to affirm again, "This is not part of my reality. I don't subscribe to this reality, and I consign these thoughts and feelings for purification to the silver/Violet Flame of Germaine."

It's so easy, you don't even have to call him Saint Germaine anymore. He's decided that he will have much more "street cred" if you drop the Saint! It's known that some people have difficulty in taking notice of a saint, and working with saints, because they think that they are not good enough. So Germaine has even helped you on that one. He said, "OK, we'll cross out the Saint; it will make them feel easier." So, does anybody have a question?

Is it true at this time that we are actually helping the planet to work out the rubbish that we've put into it, and that sometimes we can have dreams and recollections that bear no resemblance to what is going on in our particular scenario? This is true, because human beings have dumped so much on the planet, and all these acts are in the memory of the planet. It was well known even then that the Earth wold start holding everybody's memories in the gridwork. Now the gridworks have been cleared out. A lot of people think that ley lines are the energy gridwork. Ley lines are only part of the energy gridwork of the planet. A lot of people think that the energy gridwork is inside the planet, when in fact most of the energy gridwork is outside of the planet. You will find now, you people that are dowsers, you will find that when you dowse a ley line you will be able to work out how many levels of the line are activated. Ten years ago or something most of the energy lines that we worked with we would find out that there would only be one level activated. Now I am finding levels where there are twelve lines activated. Of course, as this energy comes up out of the gridwork, it activates your chakras, so there is obviously a need now for everybody's twelfth chakra to be activated, so in many places where the lines have really been worked on and cleared, there are actually twelve levels working. So when people are in the vicinity of a line that has got twelve levels working, they are being worked on on twelve levels. All the grid lines are now up to heart level, every one of them. It is only in places where there are severe blockages still, in less major meridian lines, that things aren't up to heart level. As you walk around the planet, your heart is being worked on. This is another reason why so many are going through emotional things. Does this explain? It's a long answer with a bit added, I think.

(Channeled by John Armitage, Hari Das Melchizedek, at Bangor, May 25, 1996)



ALL ONES ARE WORTHY--Kuthumi
(Channeled by John Armitage, Hari Das Melchizedek, April 26, 1996)

I am Kuthumi. Namaste, brothers and sisters. It is not too often that I speak through this one like this, but there are many Masters involved in this celebration, and many ones waiting to come through, not only this one, but others that are involved in this celebration., But I can say that because of my position as World Teacher (sometimes these titles do come in handy) I was allowed to take center stage first. So I come to speak to you about the subject of worthiness. Already I see that ones are thinking, "Is he talking to me?" Yes, I am talking to all of you.

This thing worthiness means many things to many different people. Some ones would think, "I'm not qualified to work with the Ascended Masters. I am not qualified to be a channel for the energies of the Ascended Masters. I am not qualified to become Light and take my ascension." This idea, if you hold it in your minds that you are not qualified, extends from feelings of unworthiness. I would like to inform you officially that all ones are worthy. All ones are worthy. I would like you to think about these words, not only think about them, but allow them to sink deep into your consciousness and your sub-consciousness. It is as well to look into the reasons why many ones feel unworthy.

Many ones feel unworthy because of their past, but the past is the past, and the past brought you to the present. It doesn't matter to Mother/Father God or the Lords and Ladies of Shamballa, the Ascended Masters, what your past is. Your past in this life and your previous pasts. When I say previous, I mean your past in other lives. The past is gone, it has disappeared. I would also like to tell you that in many ways there is no future. There is only NOW, this split second in which you hear the first fragment of my words. This split second is the only place worth living, because if you try and live in the past, the energies of the past are brought into now. They affect your energy fields, they affect your chakras, they also affect your emotional bodies.

Do you understand what is being said here? This is the reason why the flame of Germaine is so useful, because every time you start to experience these feelings of emotion that stem from past conditioning, these feelings of emotion that stem from fear, consign them to the Silver/Violet Flame for transmutation into Love. The Silver/Violet Flame is the cosmic garbage disposal system, and it isn't like the garbage disposal systems in the third dimension. It cannot be overloaded. The Silver/Violet Flame has a massive appetite and asks to be fed with these energies that have disassociated themselves from the Source.

Back to the unworthiness, I would ask how many ones can honestly put up their hands in this group and say that in every lifetime that they ever had since they were created, since their monad was created at the first outpouring from the Source, they have continuously had lives in Light? How many lives have you had, all of you and all of us too, as the Lords and Ladies of Shamballa, the Ascended Masters, how many lives did we have when we didn't work with the Light? You have heard this channel say this many times, but again, I, Kuthumi, say to you to reinforce it in your consciousness: there are only two teams at play in God's plan. One wears light T-shirts and one wears dark T-shirts. Here is nothing else. There is nothing to fear. If you went to a football match, would you fear the team that was wearing a T-shirt that wasn't the same as the T-shirt of the team you were supporting? Of course you wouldn't. I would like you to look at what is happening here upon your planet as a football game. I can see that presses some buttons.

Does everybody think that you have to be holy, serious, not laugh, not be joyous and not have fun in the spiritual process that will take you to freedom and your ascension? I say to you, look upon it as a football match and through your skills in grounding the Light and your skills with working with the energies of the Ascended Masters, the game will be won. And once the game is won, the other team will not be defeated. They will change their T-shirts. They will join us on this journey of fun, love, freedom and laughter. So again I say to you, forget the unworthiness. It is in the past. I would like you all to say now, collectively, after me, "I affirm I am worthy. I AM that I AM." Do you feel the lightness that flows into your bodies now? So don't forget this affirmation. Make this affirmation of worthiness

continuously. Any time that you feel that you are unworthy, just affirm that you are worthy, and everything takes a 360 degree turn.

Every time there are energies at work within your life that have disassociated themselves from the Source, these energies which want to throw you into confusion and fear, affirm that you are Light and Love. Use the "I AM That I AM" affirmation. Some ones I know don't understand what these words "I AM That I AM" mean. When you make this affirmation it links you, it sets up the two way flow of energy, between you and your Monad, your Higher Self or I AM Presence. There is some confusion in the way people use these words. Some people think that their Higher Selves are their Souls. Your Higher Self is your Monad, your spark, your individual spark of the Creator's essence. That spark of energy which has the capability of extending itself and creating souls. Notice that the plural word is used here—souls. Each Monad is capable of creating twelve souls, and each of those twelve souls is capable of creating another twelve soul extensions. I don't need a calculator to work out that this makes 144. The magical numbers again, 144, 144 thousand. How many times is this 144,000 mentioned in the philosophy and science of ascension? So these words, this affirmation, "I AM That I AM" links you with your Monad, your I AM Presence. Your Monad is the keeper or holder of your personal blueprint. This I would point out is different to the seed blueprint for creation, which is held in the mind of the Creator. Your personal blueprint is your Monad's plan, or your monadic plan, for your spiritual ascension, for your spiritual work, etc., in this present life.

At this present time, upon this beautiful goddess upon which you all live, the Goddess Gaia, Mother Earth, this planet which is more beautiful than any other planet in this aspect of creation, within which you experience, this Goddess Gaia, this alive being, she is more alive than many human beings right now., She is living, she is breathing she is growing. She's channeling the energies of Love. You live upon her, just like many beings live upon your skin and upon your body. You many not be able to see the beings that live upon your body, or even within your body, but there are billions of them. If you are balanced and free from disease, well then you are termed within the fifth dimension "well". All the beings that live upon you, and all the beings that live inside you, are all living in a state of harmony. Now is the time that the Goddess Gaia, Mother Earth, is asking for the beings that live upon her to live in harmony with her. This living in harmony with her is multi-faceted and multi-leveled. It is so simple at one end of the scale, that she asks you to walk upon her gently. Not to stamp your feet as you ago about your daily lives, but to understand that you are treading on a living being, and to tread lovingly and carefully. And on the other end of the scale, Mother Earth asks you not to dump your confused emotional energies into her. Not to dump chemicals, not to dump radio-active waste, not to dump polluting substances upon her body and within her body. She wold like you to know that if you do walk gently upon her and you do turn around this poisoning of her through your love and through your light, then this transition into Light that she has chosen as a living being will take place in a gentle manner.

You see, you are all co-creators. Co-creators. Think of this—you are co-creators in so much as that you can create Heaven upon this planet. And not only are you co-creators, you are also creator gods, because you can create your own reality. So it is a question of creating your own reality. A reality of peace, a reality of Love, a reality of Compassion and a reality of Light, within your own hearts and within your own minds, and with others co-create that same reality for all that live upon and within the Earth Mother. You are all worthy of this, It is possible that this worthiness can be realized in a fraction of time that is less than the clicking of fingers.

So I would ask you all now to realize that you are all worthy, to walk in Love, to walk in Light, to open up your hearts and allow the energy of Love, the energy of Mary, the energy of Isis, the energy of Shakti, the energy of Lakshmi, the energy of Radharani, the energy of Sananda, the energy of Krishna, the energy of Shiva to flow through your hearts and transform you into Light and Love.

A short lesson for you, very straight and to the point. I leave now. I AM Kuthumi. I leave you with my Love, I leave you with my Light, and I say to you that it is a great honor to be amongst so many shining beings. It is an honor which I very gladly receive. The last thing I say to you is: Think Love and BE Love.

Namaste

GERMAIN—THE SILVER-VIOLET FLAME

I AM Germain, keeper of the Violet Flame, or the Violet Flame with the added dimension of the Silver Violet Flame. Because, as times change and the vibrations go faster, the vibrations are accelerated. We have to add other colors to assist those that you've already been using.

Higher vibrations mean different times, so different cures and different methods are called for. So, the Silver-Violet Flame. There are many things you can do with it. One thing you can do is you can get it to consume all your negative feelings and emotions. Just consign all that aggravates you in that way into the Silver-Violet Flame. So, when you find your thoughts moving in directions that you don't want them to move in, thoughts that are interrupting that flow of Christ energy into your physical body; when you work out what these interruptions are, and as time goes on, it becomes much easier for ones to do this, just consign them into the Silver-Violet Flame.

There are also mantras you can use. Of course, it only means that you have to add the Silver bit to the Violet Flame mantras, the most useful or easiest many ones find to use is: "I AM a being of Silver-Violet Fire; I AM the purity God desires." Now, I give this mantra to you to use in your daily lives for several reasons. One is that this is a cleansing effect. You could say that the Silver-Violet Flame mantras are spiritual antiseptics. You can flood your consciousness, your minds, your physical bodies, with this spiritual antiseptic, and ALL will become clean. But if you chant this mantra in the mornings when in your bath or on the loo, you will find that it brings the Silver-Violet color, the Silver-Violet energy into your space, into your living room, and of course, this heightens the vibration. We're not suggesting you take up this system of chanting on beads or an exact number of these mantras every day, and taking it up as a discipline in that way.

Although if you are going to take up the chanting of mantra, if you chant this mantra day after day, this is one mantra that is very worthwhile thinking about. But just use this mantra in your daily lives, chant it a few dozen times a day, and you will find that everything starts to become Silver-Violet. The vibration gets into the walls of your house, into the metal work of your cars, into the metals of your jewelry, into your energy system, both physical and spiritual. You will actually start shining Silver-Violet!

So we could chant a few repetitions and see the vibrations. "I AM a being of Silver-Violet Fire. I AM the purity God desires. I AM a being of Silver-Violet Fire. I AM the purity God desires. I AM a being of Silver-Violet fire. I AM the purity God desires." This is very good, because many are putting the emphasis on "I AM", because the important part of this mantra is "I AM". The important part of the ascension process is realizing that you ARE the "I AM" Presence.

So use this mantra in your daily lives. It need not take up much time. No need to put hours into it. Use it as a matter of course. Allow it to flow into your consciousness. Allow your voice to speak it. It is better spoken out loud and with intent, because saying it to yourself, although it has an effect on your physical body, your four-body system, and what can be termed your spiritual body, you are not having an effect on everything that surrounds you. So when you think about how much service you can do for creation just by chanting your mantras out loud (because the business end of the mantra is the vibration of the mantra) so you will be affecting everything around you. So when you get into these situation, as well as using the protection of the Pillar of Light of Archangel Michael, use these Silver-Violet mantras. They will help to bring nice high vibration energies into your space.

Any questions? A deep heartfelt "thank you" to all from…There's no need to thank us, that's our job. We accept your thanks with Love, but all the time, there is no need to thank us, because we are giving you service from the heart with unconditional Love. It is because we love you we give you the service. I do take your acknowledgement and accept your love, thank you.

So again, I say to you that you can use this mantra out loud, but also you can meditate with this mantra, which will trigger your mind into meditation. Then meditate on this Silver-Violet Flame.

I have now with me some helpers to help put the vibrations and energy of this Silver-Violet Flame into your working space, and now you have chanted a couple of rounds of this mantra, some of you, if not all of you, must be seeing this

Silver-Violet energy that is building up within this space. We are putting it too into this small stargate and spreading it into the room. So, just take some time to think about this mantra. Ground it, within your bodies and your consciousness and bathe yourselves with the lovely vibrations of it. You must all now be feeling in your physical bodies, this raising of vibrations. This is a reasonably energetic day on may levels, so of course on the second day many are feeling the results of that. Many feeling somewhat disoriented, feeling somewhat tired, but you see, there IS a heightening of vibrations here.

So, use this in your daily lives, use it to transmute situations that are undesirable to you. You can also, as well, leave this Silver-Violet Flame behind you wherever you go. You can bring down the Fire and install it in many places. Install it in the streets of your towns, in the energy points of your land. It will be there then for the transmutation of all, not only of the human, but the animals, the birds. Work with these instructions. We love you.
(Channeled by John Armitage, Hari Das Melchizedek)

MORE ON THE VIOLET TRIBE

(11/8/01) HI YA, Folks here is a bit more info on the trip to Israel. This is information from Metatron that I was given today, he also told me to check out the Keys of Enoch key 210. So here is a bit of what I have found out, gives us another angle on the trip and the Shamballa family the Violet tribe of the children of the 7th ray, the colour of the 7th ray being violet!!!

There are many beings on earth that are known as the true Israel. This Israel is not physical or historical. It is the Israel of all levels of light. You could call it the true Israel, the Veritas Israel that the great teachers of the Kabala have talked of for a long time here on earth. The true Israel is also known as the Children of Light. They are not a people clinging to a tradition or a religion, but a group who work with the light emanations of the 7th Ray of Creation.

With this light they continually change the form of creation in accordance with Divine Will. They are known as the Adam Kadmon race of light. Their work is to demonstrate higher spiritual truths to the people of the earth. They are the scattered seeds of the Adamic race of light who have been around for eons.

These people have aided the formation of the new orders of evolution for those eons, in conjunction with the Great White Brotherhood [the ascended Masters and others]. Under the guidance of the Brotherhood of Light the true Israel brought the scriptures of light to the beings that lived at Qumran, Alexandria, Tibet, and the great salt lake.

This true Israel is symbolised by the ten lost tribes of Israel. This energy is known as the YOD Spectrum. This is the ten centres of radiation of the soul. This Yod spectrum is the lost code to connect us to the Father's original plan or the Flower of Life, the Seed Blueprint of Creation.

When this energy or spectrum is brought together as Divine Light, the dualism of science and religion is overthrown. Then we can connect with the 12 channels of light to interconnect to all that is. The non-spiritual beings will move their focus from the Israel of the flesh to the Israel of Light.

The people of light are the beings that ground the Galactic intelligence, that hold the programs of wholeness in the biochemical units that are human bodies. They are the living light mandalas through which all will be helped to go beyond the cycles of birth and death into eternal life and to become members of the Galactic Brotherhood.

When we finally anchor these light codes the world will change and will become a place of sharing caring and love.

I AM THAT I AM Das * LOVE IN SERVICE, Hari Das * John Armitage , I AM THAT I AM

MOTHER MARY

Channeling through Haridas Melchizedek, Nesvik, Iceland, April 3, 1999

I AM Mary, sometimes known as Mother Mary, sometimes known as Isis, sometimes known as Quan Yin. I AM the Goddess, the female aspect of the creative energy. Many of you present will relate to me as the mother of Jesus, the mother of Sananda. Understand that Jesus' true name is Sananda. It is true that in many ways I was the mother of Jesus during the time of Palestine, but that is not the absolute truth. It was another female in third dimensional reality that bore or gave birth to that child. I, the energy you know as Mary, was the being that overshadowed, overlighted the female being that was Sananda's mother. I, Mary, being the representation of the female energy, the Goddess. My work upon the earth now or with the beings of the earth now is helping the ones to understand the female aspect. Not only helping males to understand their female aspect, but also getting females to integrate their female aspect also.

Unconditional love is the energy of freedom. No other energy can bring about freedom. Many think that war, strife and other such activities in the 3D bring about freedom. There is a mistaken idea, erroneous information that tries to get females to think that if they fight male energy, integrate male energy and act like males, they will become free. Understand that these activities, if you are a female, will further enslave you in illusion, for the freedom you supposedly achieve will be totally illusionary. It will not be freedom in association with unconditional love and non-judgment.

It is true that male energies have been dominant upon this planet for many thousands of years, many, many thousands of years. In what you would call the past, female energy was dominant. And even further into the past, male and female energy was in perfect balance. Understand there was a time when all beings were androgynous, neither male or female, but a perfect balance and harmony of both those energies.

After what you may well know or you would call "the fall" of man, this is recorded in your Christian Bible, when male and female became separate. Female energy became dominant. When I say dominant, I mean females controlled males through anger, through domination, through restriction of thought and activities. Female energy also created death and destruction amongst males. At that time there was a decline in consciousness because love was forgotten. Not the emotion of love, but true unconditional love in harmony and balance. After an influx of beings from outside your earth, from a planet which you now know as Mars, the scales tilted in the opposite direction. Dominant male warrior energy manifested upon the planet and females were dominated by males.

All of you have incarnated many, many times upon this planet. Some of you since the time of the creation of this planet, remember this. Deep inside you many have it imprinted, holographically in your cellular memories, the battle of the sexes. Now is the time to understand, if you are male, that it is now the time to integrate your femininity. Integrating your femininity does not mean that you have to sit back and do nothing. It does not mean that you have to give up being male. It means that you have to give up male domination and the thought patterns and habit tracks of male domination. You have to give up the idea that males protect and females are weak.

Harmony and balance is what are needed now. Harmony and balance. How do you integrate your feminine aspect? Open your heart and allow the love to flow into you and through you. Unconditional love, love without conditions, no judgement, no polarities, no control, just unconditional love.

Understand that many mistake control for love, and many ones that believe that they are in loving relationships are being controlled through fear, through jealousy, through anger, fear of loss and lack. These energies stem from not allowing unconditional love into your heart. Many ones in loving relationships work like this: you do this for me and I do this for you. If you don't do this, I make you happy and I love you. That is not unconditional love. These energies of jealousy, fear and lack come from an unknowing, an unknowing that each and every one of you, male or female are God and Goddess combined. So for females, what is the way forward? It is true upon this earth that many females are trying to be malelike, they are trying to act as males. They think that "freedom" is "going to work". Ha, ha, ha, ha, how could you be so mistaken, thinking that freedom is "going to work"? Work robs you of your time, work robs you of the time that you could think, that you could meditate, that you could integrate and even have fun.

Understand that females are the first gurus that our children have, and a guru or teacher that teaches you abut true love that is unconditional is the best teacher that you can have. This does not mean that women must sit back. What it

means is that you must integrate the love again into your hearts and integrate your maleness in a balanced rather than an aggressive way. Unconditional love is the energy of freedom. For females it may take some changes in thought patterns and in lifestyle. It won't be the same for males, but the changes in lifestyles and thought patterns are different for females than for males. It is now time to stand in your own power, it is now time to make changes to your lives. How do you do this? Not with the aggression that you learned from males, but with love, unconditional love.

Being focused in unconditional love does not mean that you are weak. You may have to do things. You may have to make decisions. You may have to say things that others around you may not be too happy with, but don'' get involved in aggression. Do not allow fear to creep into your hearts and minds, and focus yourself in this love, in this light and step forward into freedom, step forward into freedom. Understand that each one, male or female, are Christed. When I say Christed, I mean that you all have the capability, the abilities to realize your Christedness. My son Sananda was one, he came to be known as Jesus the Christ (Jesus Christ, that is a shortened version of the title Jesus the Christ), and the title Jesus the Christ meant Jesus the Christed one.

Sananda realized his Christedness, integrated it and worked with it. After many years of study, many years of travel and meditation, working with many different teachers in different parts of the world, he integrated his Christedness and came forward. He stood up and said, "I am Jesus the Christ, I am a teacher, I am a healer, I am a balance of male and female energy, I am Love." And through those things, he manifested the things that many, many people still speak of today. The miracles that were performed every day. Those miraculous healings. And he taught, as he taught he spoke the words that were designed to free the people from the slavery of their conscious minds.

Understand that in this dimensional reality the oppressors, being the government, do not want people to think for themselves. This is why Sananda had so much trouble with the authorities in his healing and teaching ministry. Understand that the crucifixion was not the result of these problems he had with the authority. The crucifixion had been arranged thousands and thousands of years before. The crucifixion was part of the cosmic plan. A plan which many beings had worked upon in many lifetimes to bring about. I will not speak too much of the crucifixion, because Sananda is reminding me that he will speak to you of his Palestinian ministry, the crucifixion and what happened after the crucifixion, tomorrow.

So brothers and sisters, sisters and brothers of Iceland, my message to you is simple. It is a message that not only applies to you upon this land, but I would say applies to all humans incarnated upon this planet now. Integrate love, think love, be love, and be free. Understand that freedom only exists within your minds. You can sit in a room two meters by two meters forever more and be as free as a bird. Freedom is merely freedom from fear, freedom from control through fear. Where love is there is no constraint. You are multidimensional beings that experience multidimensionality continuously. Your I AM Presences, that true spark of consciousness, that true you, is eternal. There never was a time when you weren't, and there will never be a time when you aren't.

I Mary now ask you to open your hearts, sit quietly for a moment or two, and I will bring through this one this energy of unconditional love that I speak of.

I leave you in my love, I leave you in my light, and I ask that every one of you realize your birthright, and I also hope that the Creator rains upon each and ever one of you the light and love that you are, and the light and love that you deserve.

I am Mary and I bless you and leave you.

JESUS/SANANDA ON Easter Sunday, 1999
Channeling through Haridas Melchizedek, Nesvik, Iceland.

I AM Sananda. I AM the being that is known also as Jesus the Christ. This time of year in the calendar of the beings that follow the philosophy known as Christianity is an important time. Many ones celebrate my supposed death on the cross. Mother Mary told you yesterday that my crucifixion was not something that just happened by accident. The fact

that the plan had been formulated many thousands of years ago, during a period of history that some of you would know as Atlantis. During that time, I was a king, an Atlantean king. In those days, the kings were also priests and holders of the knowledge and energy. It might surprise you that also during that life I was martyred. I use the word martyred in a very lighthearted way. But I was captured, taken and killed. And guess who was the person that told them where I was hiding. It was the being that you now know as Judas. Understand that over many thousands of years the way was prepared for the crucifixion. The school of Philosophy or the philosophical knowledge of these scenes was incarnated upon the planet. Understand that these scenes originally came from the mystery schools in Egypt. The mystery schools of Egypt were founded by beings that had left Atlantis before the destruction of that continent. When I say that destruction of that continent, it is not 100% true, for at the time of the final destruction, the continent had been split into six islands. Not only do you get a religious lesson to hear, you get a historical lesson, also! The scene, the knowledge of these scenes was founded, was given to them by Melchizedek. Many of you would wonder where the name Melchizedek comes from. Search the Old Testament of what is known as the Christian Bible, and you will find the name Melchizedek mentioned at least 30 times.

The writings left behind by these scenes are known as the Melchizedek Dead Sea Scrolls. So, these scrolls have been found and decoded, but the contents are kept a secret. The contents are kept a secret by this organization that is known as the Roman Catholic church, with headquarters at the Vatican. For if the contents were made public, Christianity and its control system wold be finished in a second. For all ones would know the truth about my Palestinian ministry, and would say that the churches were just controllers, and they had lied about many things.

The essence of my Palestinian ministry was healing based on love. I am sure that many of you know that my Palestinian ministry only lasted for a small number of years. You may ask yourselves what I did before that. And of course, if I did not die on the cross, you may ask what I did after that. When the time came for the crucifixion, myself and my inner disciples were gathered. My inner disciples were, of course, the twelve…I had many more disciples than these twelve. Understand that the word disciple means pupil. I taught many, many people the mysteries that I had learned from the Druids in England, from the sadhus in India, from the Tibetans, from the disciples of Islam and esoteric Judaism.

Understand that I traveled and studied for many, many years, and studied under many different teachers. My travel was mainly facilitated by Joseph from Arimethea. Joseph traded in metals. So he was therefore used to travel, and had boats at his disposal. Many beings in this time would wonder how be managed to travel so far in those days. Understand that travel was very common, and in fact, beings traveled from Europe to America, from Egypt to America, and even from Egypt to Australia. One of my constant travelling companions was Luke. I share with you that Luke was also this channel through which I now speak.

When we were gathered my close disciples were afraid, because I had given them information about the plan on my crucifixion. They decided to try and hide me, out of selfishness. They did not want to lose me, because they looked to me as the leader and Master. We were at the Garden of Gethsemane in Jerusalem, and I knew that the Romans would not find us. I gave instructions to Judas, who had again incarnated in that life, to take on the task of telling the Romans, to tell them where I was, so the crucifixion would take place. Many Christians conveniently forget that Judas was instructed to go and tell the Romans about myself. In fact, it is recorded by Luke and Matthew that I did give these instructions.

Understand that many people were crucified in those days. And many, many people survived these crucifixions. It was not the custom to pierce the human body with swords or spears during the crucifixion. Having nails driven through your hands and feet to attach you to a cross was the punishment. Many ones were gotten off the cross still alive and many survived the injuries caused by the nails. Obviously some died from shock and infection, etc. We had laid the plans so carefully that the crucifixion was to take place in the afternoon on a Friday. Sundown on Friday is the beginning of the Jewish shabat, or sabbath. It was against Jewish law for people to be hanging on the crosses during the sabbath. So we knew I would not have to spend much time hanging there. On the cross I took my 5th initiation. It might make you all joyful to know that you will not have to be nailed on the cross for your 5th initiation!

During the time I was on the cross, an energy mandala was held by the close disciples. Also some energy was held by my mother, by Mary Magdalen, and some other female followers. This energy was held in the form of six-pointed star

mandalas. These six-pointed star mandalas bring down pillars of light from the Source.

One thing happened that was not in the plan. Understand that all ones have free will. Because so many people were pushing forward in the crowd, holding their hands out to me and giving me energy, one Roman soldier in particular started to feel bad-tempered. He felt that if he killed me, the crowd would stop pushing forward. I was pierced with a spear under the ribs. Understand that through my studies with the priests, the holy men, and the yogis of many traditions it was possible for me to slow down my bodily functions. And with the aid of many ascended masters, angels, archangels and celestial beings, I managed to keep a thread of consciousness in the physical body. Joseph from Arimathea had already purchased the cave of what you might know as the tomb. For it was part of the plan that, when I was taken from the cross at the beginning of the Jewish shabat, I would be taken to the cave and joined by Luke and many others. Many of you will not know that Luke was also a healer. He knew about ointments and crystals. On a physical level it was his task to tend to my wounds so they healed quickly.

When they got me to the cave, thread of consciousness left my physical body, and what you 3D/4D beings call death had taken place. The ascended and galactic masters, the angels, and the archangels, and some extraterrestrial beings were persuading me that it was possible to again get back into the body. The experience that I had been through was very traumatic, and even though I could keep control of my emotional body and stay focused in the love, I stated that I would use my free will and not come back to the body. If I had not come back into the body, the plan would have never been completed. So the others tried to persuade me even more to integrate my consciousness with the body physical. As I started to integrate with the body, it was like integrating with a cold wet cloth. The temperature was dropping, because the lifeforce had departed. With a big effort from myself and the others I did again integrate with the body.

During this time many of the others, Mary Magdalen and many of the other disciples had been sent away. Joseph, Luke, Matthew and one or two others were left. So they moved me away to another safe place and sealed up the cave. It was on a Sunday that the women went back, my body was gone, and everybody thought I had ascended. Only a small number knew what had happened. Of course, this was too much of a secret to keep. When people knew that I was still alive, everybody said that it was a miracle, and the resurrection had taken place.

Once the news was out that the resurrection had taken place, or what was thought to be the resurrection, it was necessary to move fast. The Jewish elders again pressed the Romans to disperse my disciples and my devotees, and to kill as many of them as possible. Many were smuggled away. Under cover of darkness they traveled to different parts of the world. As time went on, of course, everybody saw something happen that they considered to be me taking my ascension in public. This took place on a mountain in the center of Israel, that you now know as the Mount Tabor. Many do not know that I did not ascend at that time. The energy that was seen, the white light that was seen going up into the sky accompanied by angels and archangels, was the energy of Maitreya, accompanied by Melchizedek and Elijah. Not many know that it was the energy of Maitreya that I used in my healing work. And many do not realize that it was the words of Maitreya that I spoke in my teachings.

Understand that it was never considered that my presence on earth would lead to a massive control system and the death of millions of people in my name.

I myself traveled to India after the crucifixion. There was much traffic between India and that area that you know as Palestine, or the Middle East, in those days. A very well-beaten path which many of you would know as the Silkroad. It was possible for a group of us to disguise ourselves as merchants and camel drivers. And we made the trip to India and onwards into Kasmir. In due time Mary Magdalen joined me there. We settled there and had children, and I taught people about light, love and healing. That physical body is buried in Kasmir. For those of you that might feel you need to prove this, go to Kasmir and you will find a tomb of Isus.

Many of the other disciples and followers went indifferent directions, and shared their knowledge too. Many ask me, Isus, Jesus, how will people know that we are teachers? My reply to them is the same as my reply to all teachers. Ones will know you by your love, and by your actions. Some of you may wonder why I did not ascend after the crucifixion. I did not ascend because I had one trait in my character that I needed to get over. The energy of martyrdom was in my consciousness. I had volunteered twice for martyrdom. And because of this, I felt that I needed

to work more things out on planet Earth. I did not take my ascension until my next life. In my next life I was known as Apolonius of Tyrus. During that life I experienced a lot of persecution also, because I made public many of the ancient mysteries of the Mystery schools. After my ascension most of my work, most of the knowledge of my work was destroyed, so the ordinary people could not study it and become enlightened. So there I give you some history, some history of the being known as Jesus the Christed one. It was never anticipated that the religious control system would be built around my presence upon the planet. Our plan was to spread unconditional love, non judgement and light.

So I understand brothers and sisters of light, that you have had a long weekend. Many changes have taken place within you, energies have been activated. You have been given new knowledge and techniques. I encourage you to use them.

So although many may feel sad by this story, you must understand that it is part of the progress, part of the learning, part of the whole process that the whole of humanity have gone through to bring them to this state now. And understand that even if I had died upon the cross, I would still be around. So, brothers and sisters of Iceland, I give you my blessings and love. I ask you to understand that you are all Christed beings. That within your genetic coding and DNA are the Christ code. And you can very easily achieve what I achieved in my Palestinian ministry. I do not suggest you should aim towards crucifixion, but spread the love and spread the light.

There was on thing that happened in the hours before the crucifixion, that almost meant that the crucifixion would not take place. I was the person that had to carry the cross up to the hill. It was very heavy. We had not had any sleep for a few days, and I kept dropping it. And in the end, the Roman soldier shouted at me, "I don't care what your name is, if you drop that cross once more you are out of the procession!"

So my friends, blessings to all of you, and Namaste. Remember I did not die on the cross, so do not feel guilty. (Das, I hope I got this one right—it was as you remember, not on the tape).

THE NEW LIGHT AND ITS EFFECTS ON THE HUMAN BODY
(Channeled from the Pleiadians by Gillian Macbeth-Louthan)

Greetings. On the Table of Light and the Table of Life you lay your hands, you lay your dreams, you lay your thoughts. Each vibration, each thought creates an electrical current within your biological body which then has an immediate response in the Universe.

You sit by the windows of your life and you wish upon a star, you wish upon a bone, and you wish upon a Birthday candle. When these wishes are fulfilled and made complete for you, you forget to give thanks, to give gratitude, and to give acknowledgement. Every inkling of your essence is fulfilled, yet you see it not. Every desire is given to you in one of la million of shapes, sizes, and formats. Every request that you energetically/spiritually/mentally/and physically ask is answered by the molecules of your Earth. Every substance of earth responds to your desires, your words, your thoughts, and your pulses of energy.

We bring this to your attention because it is of great importance. The time period that you enter is one that will have an expanded and accelerated cause and effect ratio. This means that the molecules will have a shorter and quicker response time to your thoughts, words and actions.

The electrical circuitry within your biological system is going through a re-wiring so that it will be able to hold the higher vibration of God-thought and God-presence that will be present on earth in 1999. In this re-wiring and re-structuring of your nervous system, you may find that there will be stages of explosive emotions, stages of tearful expression, and stages of mourning and more forlornness of self.

The activation of this biological-electrical upgrading is a necessity. There will however be times that your circuitry of compassion will be shut down. Your circuitry of remembering will be inactive. Your circuitry of muscular control

will be changed. This will happen sporadically throughout the next several years in this experimental garden known as Earth. There will be days where you can not feel love. There will be days when you swim in an ocean of love. There will be days where your hearing has deafened itself and days when your taste buds feel like they no longer reside in the town of your tongue. There will be days where your eyes will not see clearly and your nose smell not the fragrance of the beautiful flower in front of it. You will have itching sensations, muscle twitching, as well as sensations of someone is poking a needle n your physical body. All of these are symptoms of the re-wiring of the biological-electrical system to hold much more voltage of wisdom, of truth, of light, and of God. Do not panic during these circumstances and situations.

There will be times of uncomfortability in the physical body, which is caused by energies that are stuck in the physical body. Buoyancy in water will be necessary. Buoyancy in saline solutions will be complementary whether it is placing the salts in your bath or going forth into the Mother Ocean and receiving a period of Grace and Healing from her. These words are not spoken to alarm you but to empower you. There are many that are healers and these individuals must become more aware of the body changes so that they can dissolve the fear in those that come to them for assistance.

From The Quantum Awakening Newsletter—January 1999 vol. 1
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SENDING LIGHT TO TROUBLED AREAS
Archangel Michael, through Ronna Herman

Beloved masters, as the promise of spring is fulfilled and new life bursts forth on the northern hemisphere of your world, the southern hemisphere is preparing for sleep and rest of the winter season. These cycles you may depend upon, but there are other cycles which are changing and evolving rapidly in your world and solar system. As you know, time is accelerating on your planet, but what you may not be aware of is that your mutation/initiation process is also accelerating so that there is very little time spent at one level before you step into the next higher vibrational plane.

There is much unrest and turmoil on your planet and that, too, is accelerating so that it seems no country or race is immune. We sense your concern, and rightly so, for it is a critical time for all humanity. Therefore, once again, allow me to familiarize you with the universal laws as to what is, and what is not, appropriate for you as a master of co-creation. We know it is your hearts' desire to assist those who are suffering and in distress, and this is as it should be. There are those whose mission it is to be directly involved; whether it is defending, nurturing, healing or helping to relieve the misery of those displaced or in need. There are those who will be called into the thick of turmoil, and those who must make critical decisions as to what is the best course of action to take in various situations and dramas, that are being played out. Others will give support by sharing their wealth and that too is appropriate. However, the majority of you, especially those of you who have claimed the frequencies of the higher dimensions as your reality, are somewhat removed from these stressful dramas. And even though you are very aware of what is transpiring, and have a heartfelt desire to be of service, it is imperative that you function within the universal laws of non-intervention.

More frequently, calls are going out for group, even world meditations, and this is a wondrously effective project and offering. Please remember the guidelines that we have asked you to follow if you wish to be of the greatest service: you must send loving energy to ALL THOSE INVOLVED, the victimizers as well as the victims, those playing out their shadow side, as well as the innocent ones who are caught up in the trauma of these life and death situations. You cannot know the greater dramas that are being staged around the world, or what these blessed ones have agreed to experience for the higher good of all. Remember, we speak often of unconditional love, and if you are sending "conditional love" to stop something or eliminate someone, you are playing God and that is not appropriate. We ask you to draw forth the maximum Christ Light that you are capable of incorporating and see it radiate down through you and into the core of the Earth. We tell you that it does not stop there, but will radiate out the other side of the world as well. Also breathe this energy back up through your feet and into your solar-powered spinal column, (which is becoming a spiral column of Light), and then out your solar plexus power center as you envision it moving through the

honeycombed grid of crystalline Light that now surrounds the Earth. It is important that you affirm before you begin this blessed process, "I ask for the highest and greatest good for all humanity and the Earth."

You may call on our beloved St. Germain to send forth the radiance of the Seventh Ray, the Violet Flame of transmutation to whomever you wish without infringing on anyone's free will. This is the Flame of freedom, purification and redemption. You may activate this radiant flame through invocation or visualization, with the intent of calling this powerful energy forth so that change, forgiveness, and transformation into a more perfected state may take place. In order to facilitate and utilize this gift, there must be a magnetic force which draws it forth. This is done through you, either in groups or individually. You must ask for, claim and then radiate this energy to you and through you, and then see it flowing out into the ethers to the area of your intent or where it is most needed. In this way you are performing a great service, and doing God's work in harmony with the Divine Plan.

Another way you may be of assistance, utilizing your energies to the fullest with the greatest effectiveness and for the highest purpose, is to do the following activity. As you have been taught, draw forth the maximum primal life substance that you are capable of by envisioning a column of crystalline golden/white Light radiating down from the God Source through your I AM Presence. See this rarified energy radiate through your body thereby blessing and purifying you more each time, as you send it down into the core of the Earth, anchoring it there, and then breathing it back up through your precious physical vessel. Now, instead of sending it out your solar plexus, see it streaming back up and out your crown chakra and up the column of Light to where we reside, as you affirm, "I offer this gift to be used for the highest good of all."

This is a very effective process, beloveds, for you will be supplying us with refined energy that has been attuned to Earth's higher frequencies. Through your free will offering, we then are allowed to send forth this gift of higher vibrational frequencies to those places which are in dire need, and to those who are incapable of accessing it themselves. We have told you that the frequencies which are being radiated down from the Great Central Sun can no longer be sent forth in a blanket effect upon Earth and humanity without creating even more chaos than is presently taking place. We have often called you the transformers, the transducers, the lightning rods who are capable of magnetizing, integrating and then radiating this refined energy down into the Earth and around the Earth. You might say, it defuses the impact of the Light hitting the darkness, so that the higher frequency vibrations may gradually be incorporated by those ready to accept this gift of transforming Christ Light. In this way, my brave warriors, you are truly functioning as emissaries of Light and co-creators with God.

--Channeled by Ronna Herman STAR QUEST 6005 Clear Creek Dr., Reno, NV 89502
www.ronnastar.com

Mother-father god,
I am One with you.
I am an instrument of your will.

--say before a healing session

I am a being of Silver-violet fire
I am the purity God desires.
I am that I am.

--mantra from germain

Don't forget life is not a dress rehearsal.

LOVE is the answer to fear.
Don't give your power away
to anything or anybody.

--Hari babba

who are these people, anyway?

JOHN ARMITAGE (Hari Babba Melchizedek—
formerly Hari Das or dr. das)

I Am Love, I Am Light, I Am the Mahatma. I came to earth to help to ground Love and Light. This mission has taken me on a journey of discovery, with humans, angels, archangels, the ascended masters, the galactic masters, and many other beings from other star systems and multi-dimensional realities. I have not had many lives on this beautiful planet, the goddess Gaia; this is my 123rd. I was here first before Lemurian times, then during Lemuria—what a time we had, meditating the blueprints of crystalline forms into reality—quartz, rosy quartz, aquamarine, tourmaline, amethyst, and roses were a few I helped to ground into 3rd dimension. I also helped to set up the earth energy grid and install and program the earth keeper crystals. I was also here in Atlantean times. They were interesting days, very much as things are now—many people into Love & Light, crystals and natural remedies; and many ones into the energy of war, control, fear and oppression. After that, many lives in India, Tibet, Burma and Nepal, with the odd life here and there in between. I was with Shah Jehan at Agra, Francis at Assissi, Khuthumi in Kashmire, DK in Tibet, Wotanna in New Mexico, and Sananda in Palestine. Many of us have worked over many lives to bring love to the earth and her people.

The time is NOW! If you want to see Revelations lived out on earth, just ignore the Love. If you want to come into wholeness, become Love. I still work with crystals and the earth's grid, Shamballa Multidimensional Healing (Shamballa=Empowerment in Love), the Mahatma energy, the masters, the Christ-Consciousness grids, the earth and her people. Massive changes are happening. We can become LOVE with grace and elegance—why wait? Do it now. I am now working on the next phase of the activation of the earth's grids. Of course, I am not doing it alone! Lots of people are playing their part n the plan, often not knowing that they are part of a world-wide plan to open pathways for the new energies of Mahatma to flow, and thus speed everybody's journey to freedom. Keep up the good work. Bless you all.

GERMAIN / merlin

The Ascended Master Germain (formerly known as St. Germain) is currently serving as Chohan of the Seventh Ray (the Ray of Mystery & Magic), making him master of the transformational Silver-Violet Flame. He took over this position from Quan Yin when she became head of the Karmic Board. His major job at the moment is to ground the New Age on Earth. As Hari Das recently put it, "Germain is now in charge of the whole show!" [meaning ascension on Earth].

Germain is said to have lived many famous past lives, including Joseph, husband of Mary mother of Jesus; Columbus (as a walk-in); Francis Bacon (who wrote under the name William Shakespeare—Will I AM Shaking-the-Spear of Wisdom); Merlin; and the prophet Samuel. It was in his life as the Count de Saint Germain that he ascended; he lived for over 350 years around this time. In order to do this, he kept staging his death, and then turning up with a new identity. His true name was Francis Tudor (son of Queen Elizabeth I). Under the identity Francis Bacon he founded Rosecrucianism and Freemasonry in England. The tenets of Freemasonry were instrumental in the founding of the United States, as Germain had intended. He spent 85 years in the Himalayas with El Morya, Kuthumi, Djwhal Khul and others, finally resurfacing to channel the I AM Discourses through Godfre Ray King. He is now reactivating the whole Shamballa Multidimensional Healing system through John Armitage (Hari Das Melchizedek). He has recently dropped the "Saint" from his name, as he says, "No one listens to a saint!"

Much of the above information comes from Joshua David Stone, The Ascended Masters Light the Way, Light

Technology Publishing Sedona, AZ, 1995.

DJWHAL KHUL

Djwhal Khul spent his last life on earth as a Tibetan monk, around the turn of the century; he is often referred to as "The Tibetan". He has recently been made Chohan of the Second Ray, which has to do with spiritual education on the planet. Kuthumi used to hold this position, but he recently began apprenticeship with Lord Maitreya, and will eventually take over the position of planetary Christ. Alice Bailey channeled her spiritual information from him. He also channeled much of the book, Prelude to Ascension through Janet McClure of the Tibetan Foundation (the rest is from Vywamus). He is a wonderful, loving being who is very involved in teaching, and if you are on the ascension path, you are bound to work with him at some point. Some past lives: Confucius, one of the Three Wise Men (Caspar), and an apprentice to Pythagoras.

METATRON

Archangel Metatron is in charge of the crown chakra; call on him during meditation to expand this chakra into infinity. He is said to be the Archangel "closest" to Source, and is very involved in Creation and Ascension. He says, "I am the being responsible for Light on a frequency you cannot see. My energy is the source of the electron and the microtron. The microtron is an energy now being beamed into your universe; it spiritualizes energy. It is responsible for the lightening of humans and your surrounding forms. This process of "enlightening" will, as the word implies, turn you into Light. Light is Love and Love is God and God IS. Just allow this energy to work with you and flow through you until you become Light."

QUAN YIN

Quan Yin is an Ascended Master. The Lord Gautama (Buddha) was her teacher. She is said to have lived on Earth for 1,000 years after her ascension. She is known as the Chinese goddess of Mercy and Compassion. She carries the energy of the Divine Mother for the Buddhist world, as Mary does for Christianity. On the other planes, she was Chohan of the Seventh Ray (Ray of Ceremony and Magic/of the Transmutational Violet Flame) until 1954, when Germain took over that position, and she moved to the Karmic Board. She is now heads the Karmic Board. Her name means "She Who Hears the Cries of the World". Her symbol is the Lotus.

KUTHUMI

Kuthumi was Chohan of the Second Ray until recently. He is now getting ready to become Planetary Christ, as the present Planetary Christ, Lord Maitreya, moves up the cosmic evolutionary ladder. Some former lives of Kuthumi: Pythagoras, Saint Francis, architect of the Taj Mahal, John the Beloved (disciple of Jesus), one of the Three Wise Men (Melchior), and Jon Peniel (incarnated now).

MAITREYA

The being who overlighted Jesus during his Palestinian ministry, Maitreya ascended at that time. He has been known as the Planetary Christ, and he has now become the Maitreya Buddha, a very high level being indeed.

MELCHIZEDEK

I AM MELCHIZEDEK, the I AM Presence of this one [John Armitage/Hari Babba]. Welcome. I come to speak with you on the subject of coming into wholeness. I am here to speak to you on the subject of Melchizedek. Who is Melchizedek? What is Melchizedek? What is the Order of Melchizedek?

First of all, Melchizedek, and who is Melchizedek? I AM Melchizedek, Galactic Logos. I am a being which was created by Mother/Father Source, to oversee, to initiate, to bring into movement the expansion of consciousness and the moving forward into wholeness of the whole of creation. When I say the whole of creation, I mean all beings, be they human, reptilian, whether they are devas, angels, the mountains, the seas, the planets, the animals, the insects. By now you must understand that I mean all life, on every planet, in every universe. My place is to remove structure, to remove boundaries, and break down systems of conditioning which hold consciousness in confined and established streams. This confinement of consciousness and holding of thought patterns into confined streams has the result of confining consciousness, confining experience, confining growth, movement, Love and wholeness. I Melchizedek work on breaking down these confines, breaking limited philosophies, breaking down control in philosophies and replacing them with information and knowledge which allows beings to expand into their wholeness and their glory, to expand so that they may stand in Love, so that they may be Love. This Love, of course, is unconditional.

Many ones want to know about the Order of Melchizedek, many ask the question, “Am I of the Order of Melchizedek? Am I associated with the Melchizedeks?” Many ones incarnate on this planet Earth, the goddess Gaia at this time, are members of the Alpha and Omega Order of Melchizedek. There are priests and priestesses of all levels of knowledge and from all ashrams or levels of initiation, present upon this planet now. Many ones are still quite not sure of who they are, or what they are, or for what reason they came to this Earth. The reason why you came was to facilitate change, to break down social orders, to break down the control of governments, and the monetary system, the bankers, the arms dealers, the food hoarders and the peddlers of fear and control. How is this done? The Order of Melchizedek is not an order which achieves its aims through violence. It is not an organization or a priesthood which realizes its aims through war. It is an order which realizes its aims through Love. Through the integration of Love, through the becoming of Love, and through teaching by example. When you, as a member of the Alpha and Omega Order of Melchizedek move into Love, others will say, “Why is this being so loving? Why is this being so open? Why is this being so joyous?” It is obvious to the ones that know, that they are joyous because they have become pure Love. And through this Love it is possible to break down all these constrictions which hamper the expansion of consciousness on your planet. I now give the clarion call to all the Alpha and Omega Order of Melchizedek to wake up, to wake up and realize that you incarnated here, now, to be part of this revolution of consciousness. To be part of this breaking down of barriers and constrictions of consciousness so that the human race may move forward without exception into love and wholeness. For those ones who are attracted to this Alpha and Omega Order of Melchizedek, the revolutionaries of Love, the revolutionaries of Light, the luminaries of planet Earth and its environment, I say to you that you can also easily become a member of my priesthood through initiation. There is one thing that all prospective candidates into this order must realize: that once initiated into the Order of Melchizedek there is no leaving. It is an ongoing process, an ongoing assignment that once, and know that once the work is finished here on the planet Earth that there are still many more planets to move into more wholeness and freedom. Many more planets that the beings who live upon it and within it are also suffering constraints in their consciousness and their movement forward into Love. So these planets, these beings, need our assistance to break down these barriers and constraints and realize their birthright that, of course, is wholeness, and wholeness is Love.

(Channeled by John Armitage, Hari Das Melchizedek; Scotland, May 1997)

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This is A time for releasing

Master Germain has said: The most important astrological event in the history of human civilization just happened—the Earth cross formed in the sky by the Equinoxes and Solstices aligned in our galaxy. The last such alignment was around 6500 years ago. This event signals the earth’s initiation into the next level of her evolution. The Galactic window opened between 1998-2001, in preparation for the Galactic Wave event in 2012. The Winter Solstice initiated an unprecedented Galactic alignment. The photon belt is a metaphor for this event. Now is the time to
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release all unnecessary programs from the past and to prepare for the new energy coming in. We are about to co-create here on earth things beyond our imagination at this time. YOU are invited to be present in each and eveery moment and enjoy the dance through to the end of time.

Other sources repeat that we are rapidly approaching a pivotal conjunction of many astronomical cycles related to our Earth. Every 26,000 years our Solar System moves into an energy called the Photon Band by some. (Photon bands are 7th dimensional donuts of light that emanate from the vertical axis of the Galactic Center.) This also marks the time it takes our Solar System to orbit around Alcyone, the central star of the Pleiades. This is the length of the Mayan Great Calendar, which ends its current cycle on Winter Solstice of 2012. [see The Pleiadian Agenda by Barbara Hand Clow).

According to the Mayans, 2012 is also the completion of a 104,000 year cycle composed of four Mayan Great Cycles. It is also the completion of a 225-million year orbit of our sun, Sirius, and the Pleiades around the Galactic center. According to many sources, we are in the process of a grand speeding up of Earth's vibrations, so that she changes dimensions by 2012. This acceleration began in 1972, became apparent especially after the Harmonic Convergence in 1987, and continues at phenomenal speed. According to others, we are already changing dimensions, being now in mid-fourth and still going.

Naturally this affects us humans living here, as it is meant to! It is our destiny to now progress into higher dimensions. But first we must release all of our "baggage", all of the fears that block us from progressing the way we are meant to do. The immediate effect of all this acceleration is to bring into our consciousness all of these fears, so that we can process and release them. We are cleaning house on a monumental scale--not just this lifetime, but all of our lifetimes at once.

Although this may appear daunting, we also are surrounded by more light energy and spiritual guidance to help us to do this than has ever before been available on this planet. We have only to ask for it. Essentially, we are in process of moving from the fear vibration to the love vibration. We're told that love and fear cannot coexist in the same space (or body) at the same time. It's either/or. And you can choose. The more you are totally enveloped in and by love, the higher are your vibrations. The more you can feel and express unconditional love to yourself and to those around you, the closer you are to totally merging with your highest aspect (Monad, God/ess Self, I Am Presence).

Just in case you feel you want to hang on to all of that old emotional stuff, here is Hilarion, Chohan of the Fifth Ray (Intellect & Science):
Greed, self-pity, hatred, anger, remorse—the damage which these negative emotions do to present physical bodies in incalculable. If man only understood that the aging and premature death now so prevalent is largely due to his negative emotions, he would surely make some attempt to stop them. But humanity has blinded itself to this truth, as to so many others. Most individuals think it is "right" to bear resentment against someone they believe has harmed them, that they "ought" to hate someone who hates them, and that they have every justification to feel sorry for themselves, or to worry excessively, or to grieve when parted from a loved one—never realizing that NOT A SINGLE POSITIVE EFFECT CAN EVER FLOW FROM SUCH NEGATIVE EMOTIONAL STATES. For example, not only does hatred NOT harm or debilitate one's "enemy", it actually causes damage to the one doing the hating, while feeding STRENGTH to the opponent. The only way to disarm one's so-called enemy is to LOVE him, for only in this way can the feud be sapped of the emotion that was feeding it. Without the negative feed-back, the enmity disappears for want of sustenance. So it is too with the other dark emotions: all of these harm the person harboring them; none of them produces any positive result whatever.

Since we have been lugging this stuff around with us for centuries, it takes a bit of focus to release it all. I suggest DAILY routines which include meditations, affirmations, body movement (yoga, tai chi, whatever), prayers, whatever you feel attracted to. I have included a few examples in the Daily Practices section. Ask your guidance and follow your intuition. Tools to aid the releases: flower essences and gem elixirs, meditations [such as 13D Shamballa meditations], body work, exercise, sounding & chanting, conscious breathing, etc.

Most of all, BE AWARE. Be aware of changes in your body, energy changes which you may be aware of through your body or etheric sensitivities. Notice when the energy around you feels strange or uncomfortable; notice when

people's energies feel good or not so great around you. There are entities out there who do not want this evolution to proceed, and who are doing all within their very great power to stop it. Of course, we can use this for extra impetus towards our goal, if we are aware and on top of things. Avoid television, especially the so-called "news", which is rife with misinformation and mental programming. Un-plug your TV when not in use. There IS mental programming going on through the airwaves, and your TV can bring it in even when it is off, if it is plugged in. Keep a second attention, to notice how you are reacting during a movie or news broadcast or TV show or listening to music. Detach from judgment. You can be in control, if you are aware. If you feel you need it, put light protections around yourself (see Daily Practices). Be AWARE of when you slip into fear, and consciously transform that to love; try out various practices and see what works for you. Ground the Mahatma energy through you as often as possible. BE the Mahatma energy of Unconditional Love!

It is a grand time to be alive and a grand trip we are on right now. We all volunteered for it, stood in line to incarnate now we are told. Let's make the most of it! Keep the Joy alive in our hearts at all times—dance our way through in love!

So here is a meditation to help you cut away that old emotional baggage you are carrying. Use it as often as you feel you need it, and remember to call on Archangel Michael if you need any fresh ties cut, at any time. He also urges us to call on him for protection if we feel that we need it.
Ascension

This word is bandied about a lot lately. What does it actually mean? Well it doesn't mean floating off into space, leaving all this behind. It does mean fully integrating your divine self, your Mastery, while staying fully grounded in a physical human body. Those of you who haven't yet managed to decide you want to be here, and who haven't fully grounded your spirit into your body, have to start there.

Ascension also means coming fully into the knowledge on all levels of one's intimate connection to all of Creation. Knowing that we are all One, on a cellular level. Usually this transfers to, "ok, if I hurt you, I hurt myself, so I don't want to do that" and embodiment of unconditional Love as the basis for all one's actions. Becoming Unconditional Love is one of the quickest paths to ascension. There are others, which involve intricate daily practices. However, not all who ascend (as we know it) have mastered Unconditional Love. (see On Ascension talk below) In Shamballa, Unconditional Love is the core of our teachings and learnings.

[Ascension Meditation and Keys of Enoch Activations Meditation—see above]

"You have been given the wrong meaning to the term of Ascension. Many meanings and Teachings are found on this planet, and that is the cause of much confusion to man. The State of Ascension is the perfect balance and harmony between the Spiritual Being that you are and the Human Being that you are in the process of experiencing. When this balance comes into perfection, there is no longer the polarity of good or evil—only the knowledge that they both exist and must be kept in perfect balance in order for this State of Ascension to be realized. To be able to walk from this world to others in reference to what many term as walking between the worlds and yet keeping your Human vessel grounded at all times is what the State of Ascension truly is."

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THE ILLUMINATI MILLENNIUM RITUALS
by Arizona Wilder

VERY IMPORTANT - PLEASE READ

Arizona Wilder conducted human sacrifice rituals for the Illuminati elite for decades. These included the British Royal Family, George Bush, Henry Kissinger, and a stream of world famous names revealed in "The Biggest Secret" and the video, "Revelations of a Mother Goddess", available through this website (http://www.davidicke.com).

Since she escaped from her mind controlled confinement, she has dedicated herself to exposing what is happening. I received this letter from her dated May 25th 1999 in which she details the key points in the Illuminati ritual programme running up to the Millennium.

I should emphasize a few things for those who have not read "The Biggest Secret." The Illuminati, the clique which control the direction of the world, are genetic hybrids, the result of interbreeding between a reptilian extraterrestrial race and humanity many thousands of years ago. The centre of power is not even in this dimension -- it is in the lower fourth dimension, the lower astral as many people call it, the traditional home for the "demons" of folklore and myth. These fourth dimensional reptilian entities work through these hybrid bloodlines because they have a vibrational compatibility with each other. This is why the European royal and aristocratic families have interbred so obsessively, as do the so called Eastern Establishment families of the United States which produce the leaders of America. Every presidential election since and including George Washington in 1789 has been won by the candidate with the most European royal genes. Of the 42 presidents to Bill Clinton, 33 have been genetically related to two people, Alfred the Great, King of England, and Charlemagne, the most famous monarch of what we now call France. It is the same wherever you look in the positions of power..
they are the same tribe!
As well as an obsession with interbreeding with each other to preserve their genetic structure, the Illuminati are also obsessed with symbolism and ritual. Interestingly, conventional science has documented that the reptilian part of the human brain (the R complex as they call it) is the source of the following behavior traits: An obsession with ritual, cold blooded behavior, territorialism "this belongs to me", and an obsession with top down hierarchical structures. This sums up the Illuminati mentality perfectly and it
goes that if you have more of that R complex, or that it is activated more than normal, you will manifest these traits far more profoundly.

But their ritual is not just for ceremonial purposes or gratuitous horror. The rituals are designed to rewire the energy fields and grids of the planet and therefore to fundamentally affect human consciousness. The rituals these bloodlines performed in the ancient world are the same as they do now. See The Biggest Secret for the background. They have a detailed annual calendar of events on which they perform their sacrifice rituals in line with key lunar, solar, and planetary cycles to harness that energy for their sick agenda to
take complete control of Planet Earth in the very near future.

With that background, here is the full text of the communication from Arizona Wilder. I will add my comments in italics where more background may be needed for those new to these subjects.

David Icke

David - This information needs to go out to everyone as fast as possible.

The Illuminati are conducting a ritual to be held at the Great Pyramid at Giza in Egypt, on August 11, 12, and 13th, 1999. (Specifically the Mothers of Darkness - the top conductors of rituals, will officiate) This ritual is "The Rite to Open the Passage" (the Eye of Horus). This will open the passage for lower fourth dimensional energy to be
directed into the ley lines of the Earth. This will (is designed to) also close the 3rd eye (consciousness) of all on this planet that oppose the Illuminati. It will further shut down (is designed to) the other people who are not actively aware

or opposing the Illuminati but feel uneasy about what is going on and cannot figure out why.

The solar eclipse which is to take place on August 11 (over the key Earth power centre of Cornwall, England) will also have a "Grand Square" which makes it extremely powerful. This eclipse is the beginning of a six month period in which there will be much activity of significance that pinnacles in the The Rite of Establishment of the Age of Horus (Osiris reborn) at the Millennium.

This symbolism relates to the ancient Egyptian legends of Osiris (the father), Horus (the son), and Isis (the virgin mother), which later became the basis for the Jesus stories also. The New World Order, the takeover of the planet via the establishment of a world government, world army (Nato), world central bank and currency, and a micro-chipped population, is known by the Illuminati as "The Age of Horus". The symbolism of the murder of a pregnant Diana, Princess of Wales, with the Egyptian Dodi Fayed, relates to the arrival of "The Age of Horus". (See "The Biggest Secret").

This "Age of Horus" ritual will be held on December 31st from 12am to 3am at the Great Pyramid, at which time the top of the pyramid will be capped with gold and crystal. (George Bush has long been on the guest list of the Millennium "celebrations" at Giza.) Etched in the crystal will be the eye of Horus on all four sides. (This relates to the All Seeing Eye symbol on the dollar bill and the reverse of the Great Seal of the United States). They will finalize this period of six months on January 31st / February 1st and start "preparing the ground for the sowing of their seeds".

Preceding the August 11 through 13 ritual, which by the way ends with the day of Hecate (one of their key deities), the bringer of chaos and death, is the July 28th lunar eclipse. This eclipse is also extremely unusual and powerful in that it also involves a Grand Square and the House of Aquarius goes direct -- its effect is at full strength. The Moon on this date is a new moon -- a time to plan and cast spells for the plan.

During the solar eclipse and the next day and on the Day of Hecate (August 13th), there will be blood sacrifices and also literal sodomization of the intended sacrifices beforehand. This will signify opening the Eye of Horus, opening the passage for the lower fourth dimensional energy and the closing, the shutting down of the human 3rd eye -- consciousness on the planet. They will remove the heart and consume it, signifying the taking away the vibrational chakra of love.
They will also remove the liver (strength), the eyes (sight), and brain (knowledge, thought, action). They will consume the blood (life force for them). Their ritual acts all encompass and empower them for what they wish to spiritually do to us. What they do is to be given strength which is brought into actual physical being by the solar eclipse, the lunar eclipse, and the grand squares of their ruling planets with those particular energies accompanying the grand squares.

The effect on the Earth if they succeed will be terrible.

Very much a part of this is the planned marriage of Sophie and Prince Edward of the House of Windsor at Windsor Castle on July 19th, 1999. Look at the date and year. The 19th is the number of the Sun. 1 is the beginning (alpha), 9 is the end (omega). The name Sophia = wisdom, which is Baphomet by the (code known as) the Atbash Cipher. Prince Edward has disgraced the House of Windsor. The planet Mercury goes into retrograde on July 13th, which is also a new Moon - a time of planning and spells cast. Getting married in this time period bodes ill for this marriage. They may meet with an unfortunate circumstance, resulting in their death or ritual death. Mercury is considered "the messenger" and does become stationary and fixed in full power at 29 degrees Cancer from August 3rd through the 8th. Also, because it involves the 4th house in astrological law, it affects families in a negative way. The Windsors know this already in the planning and the timing of the marriage. Yes, their marriage on this date is tied right into the ritual and meaning of the August 11th - 13th solar eclipse and the day of Hecate.

The marriage of Princess Diana to Charles, also in July, was timed and located in the same way as part of Windsor-Illuminati ritual. St. Paul's Cathedral, where the marriage took place, is built on an ancient site of Goddess Diana worship at Ludgate Hill in the heart of the City of London - the Iluminati's epicentre at operational level.
Diana also died in Paris on an ancient site of ritual sacrifice to the Goddess Diana, now known as the Pont d'Alma tunnel.

It is also worth noting how much Sophie, Prince Edward's bride, is a Diana look-alike and only in March 1999, one of the most famous television presenters in Britain, Jill Dando, a lady I knew at the BBC, was shot dead near her home in London by, according to reports, a "professional hitman". Jill Dando is another Sophie look-alike with blond hair, and Jill Dando was a friend of Sophie. The Illuminati obsession with ritual leaves me in no doubt that Dando's death was connected to the sequence detailed here by Arizona Wilder.

The Illuminati began to prepare for all this on May Ist, 1999, Beltane. The energy they put forth in readiness for the August eclipse increases with the May 30th full Moon; the June 13th new Moon; the June 21st Summer Solstice; June 28th full Moon; July 13th new Moon; July 19th marriage/ritual of Sophie/Sophia and Prince Edward; July 28th new moon/eclipse with grand junction; August 1st Lughnasad ritual; August 5th height of Mercury stationary in Cancer. All this is to open the way for the dates of the solar eclipse/Day of Hecate, August 11th, 12th, and 13th.

In the Illuminati/Satanic method of "mirror or reverse" symbolism, the day of Hecate, August 13th, is mirrored to August 31s for her day of sacrifice. Diana, Princess of Wales, died on that ancient site of Goddess Diana worship on August 31st - the day of sacrifice to Hecate.

WHAT WE NEED TO DO IS HAVE OUR OWN CONVERGENCE

During this eclipse we need to focus on bringing down higher vibrational energies and canceling out their fourth dimensional energy. Those of the Illuminati who are not at the Great Pyramid will be positioned at precise longitudes and latitudes along the ley lines to perform rituals of the same kind at specified sites in which phallic/womb symbols have been built. 19 degrees latitude is where important sites will be, also 28 degrees latitude.

Arizona Wilder

So let's do it!

If all this makes sense to you, can you organize all like thinkers you know to arrange their own events on these dates? Particularly the solar eclipse to the Day of Hecate. To bring in higher dimensional energy to defuse this Illuminati agenda! All you have to do is go to a place you feel drawn to at that time and open your heart and mind to the energy we call love. Particularly love for the lower fourth dimensional entities because this will dilute their energy even more. We don't need mumbo jumbo, just people with open hearts and minds focussed on the intent to be vehicles to ground love in this three-dimensional world.

If you have entered this website to read just about the names, dates, people, conspiracy and are not aware of the esoteric level of the manipulation, you may choose to ignore this or dismiss it as New Age nonsense. This, I would suggest, is precisely what the manipulators want you to do because they then have a clear playing field.

And ask yourself. What harm could it do to connect with the energy of love for three days or even a few minutes at the time of the solar eclipse. One thing's for sure, you won't have the chance to go back and do it afterwards when you realise that all this, bizarre as it may seem to you now, is actually the way the world is controlled and the human race maintained in its mental and emotional prison.

Please contact us on the "bridgelove@aol.com" e-mail to tell us if you are doing this. Could you also transmit this e-mail to everyone you know who might act upon its contents.

Thank you.

David Icke at
http://www.davidicke.com

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"Ridicule is the tribute that mediocrity pays to genius.
Anon.

Children of the Matrix

Random quotes from David Icke's book, Children of the Matrix

"There are two things you need if you are to uncover and communicated what is really happening in the world. One is to free of any dogmatic belief system. The second is not to give a damn what people think and say about you, or, at least, not to let that influence your decisions."

"All this information is one solution to the "mystery" of why all the major symbols of the British Isles came from the Middle and Near East. For instance, the flags of England (cross of St. George), Scotland (cross of St. Andrew), Ireland (cross of St. Patrick)..."

"We can see the DNA genetic code agenda very clearly today with the cloning explosion and the way human genes are now being openly manipulated like never before, at least in known history."

"Fluoride is another major intellect suppressant that is being added to drinking water supplies and toothpaste. Sodium fluoride is a common ingredient in rat and cockroach poisons, anaesthetics, hypnotics, psychiatric drugs, and military nerve gas."

"So what's going on here? Unless people wish to enclose their minds in concrete, clearly something very strange is occurring on Planet Earth and has been doing so for many thousands of years."

"There can be no more obvious example of how the Illuminati bloodlines are possessed by demonic entities more than Adolf Hitler."

"Sex with children has been part of the Illuminati modus operandi from ancient times. Sexual and Satanic abuse of children are aspects of the same agenda."

"The reptilian-Illuminati know that the balanced fusion of male and female energy create a third and immensely powerful force and this is the real foundation of their obsession with the "trinity"."

"The Illuminati appear on the surface to be a male dominated operation. But, in fact, the high priestess is as important in their rituals as the high priest and at the heart of the Illuminati symbolism is the worship of the Goddess."

"The serpent that "tempted" Eve in the Biblical Garden of Eden is the best-known serpent symbolism of all. This was an edited re-write of the far more ancient Sumerian story of Edin, the "land of the Gods or the Righteous Ones."

"Having had the priviledge and honor to read the rough manuscript, I can really say this one is incredible! Fully documented, exciting, Children of the Matrix is equal or better than the Biggest Secret. Layer by layer David peels back the cover-ups and hidden secrets and agendas. Children of the Matrix is probably David's finest work so far, as he recaps the more important points in his previous works, adding what he has discovered through further research. The pieces of the puzzle in the matrix start to fit, as he dispels old theories that do not fit, and reveals the ones that do."

Great spirits have always experienced violent opposition from mediocre minds.
Albert Einstein

The new age, old age, religion
You would not think, on the face of it, that Christianity would have anything in common with the so-called "New Age", but it has. The New Age claims to have rejected the official religions to pursue a "personal" and "direct" connection with

what we call "God". In fact, while I have much in common with the metaphysical basis of much "New Age" thought, that's where the connection ends. The "New Age" is just the latest Illuminati religion created to seize the minds of those who cannot be imprisoned by official religion or what we bravely call "science". Understanding the metaphysical nature of multi-density, multi-dimensional life, is far too close to the truth. Something must be done. So vast swathes of the New Age is populated by those in the ultimate illusion: those who are convinced they are thinking and feeling for themselves when they have simply given their minds away to another master. It could be a "channelled" entity from another density, "Ashtar Command" (an Illuminati-created myth of some extraterrestrial "saviours"), or the apparently endless stream of gurus and "Living Gods on Earth". I have seen many over the years on videos and at conferences of various kinds. The audience are in awe of these people and yet at least the majority, are either multi-personality programmed operatives for the Illuminati or consciously conning their followers. There is no difference between these New Age heroes and the television "Christian" evangelists who fleece and mislead the watching millions. The times I have heard these New Age saviours saying that some entity or other had said this or that had happened or was happening when it was provably not true. One guy told his fawning audience that he and his team had changed the vibration of the vehicle pollution in Phoenix, Arizona, and so dramatically reduced the fumes. This claim was greeted with wild applause. So when I drove through Phoenix later that same day, the fume cloud hanging over city and the pollution I breathed in must have been a figment of my imagination.

Sigh Baa, Baa

I can offer no greater example of the New Age conmen and the millions who hand over their minds to them, than Sai Baba. This guy is a guru figure worshipped as a "Living God on Earth" by vast numbers of people worldwide and at all levels of society. He operates from his "Ashram" in Puttaparthi, India. Thousands go there and just sit in vacant awe at this man in the long orange frock. I attended an event once in England in which the audience was asked to sing a song of worship to Sai Baba by a woman almost overcome with emotion for this "god". But do you know who Sai Baba really is? A paedophile, con man, thief and almost certainly worse. Don't take my word for it. Ask people who have worked closely with him for 20 years and more. Long-time Baba devotees, Faye and David Bailey, have massively exposed him as a colossal fraud from their own experiences and by collating evidence from countless others who have seen that Baba is a manufactured myth. The accounts of his sexual abuse of children, teenagers, and adult men, are enormous, and he is described as a thoroughly vicious piece of work. He is famous for producing "vibhuti", an ash substance, and "valuable" watches, rings, and trinkets "out of nowhere", by manifesting them from another dimension. The Baileys, and the stream of testimonies they have compiled, proved that the "vibhuti" was manufactured in tablets from roasted cow dung and kept hidden between Baba's third and fourth fingers until required to "manifest". The "valuable" jewellery turned out to be worthless trinkets purchased in the local village and elsewhere. Baba "materialised" a ring for David Bailey, which, the living god told him, was of great commercial value. When he took it to a jeweller in southern India for repair, the man in the shop immediately recognised it as a "Sai Baba ring". He said that the stone was a valueless zircon and underneath he would find a piece of silver paper to make the zircon glitter. When the stone was removed, there indeed was the silver paper and the jeweller said that the rings were made especially for Baba to "manifest". The Baileys also document how Baba has conned people and the local community out of tens of millions of dollars and how he is implicated in a number of murders. This is the man to whom millions have conceded their minds, left their families, and married others purely on Baba's say

so. For the full details of Baba's child abuse and con trickery, contact Faye and David Bailey, read their quarterly newsletter, The Findings,24 and see the Religious Archives on my website.

Religion and much of its New Age mirror is a cesspit of lies, corruption, hypocrisy, and iniquity. By that I don't mean everyone who goes to church, follows

a faith, or operates within New Age circles. Hundreds of millions of genuine people are involved in the old religions and the New Age. I mean those who control these Illuminati fronts and use them as a veil for the very behaviour and abuse they claim to oppose. But they say there is one born every minute and, with religion, it must be every ten seconds. These guys can only manipulate religion so effortlessly because there seems to be an endless supply of people desperate to give their minds away. When the Baileys began to expose Sai Baba, a couple of his devotees phoned to say that they knew that what was being exposed was true. But, the couple said, "...he is God and God can do anything he likes". There are still Christians being injured and even killed who handle snakes. They do this because it says in Mark's Gospel, Chapter 16, Verse 17: "They shall take up serpents." Dewey Chafin, quoted in the American People Magazine, said: "See, I handle serpents because it's in the Bible, like a commandment. And I drink strychnine because the Bible says it won't hurt me. Now, either every word in that Bible is right or it's wrong."

And a few people can't control the world? It's a doddle.

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4 The Illuminati Formula, pp 126 to 150. For more about Billy Graham read Springmeier and Wheeler's book, or The Biggest Secret, or go to the Religious Archives on my website. www.davidicke.com. You will also find Graham material at http://www.deceptioninthechurch.com/polls.html and http://www.geocities.com/CapitolHill/8988/billy.htm
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CHAPTER 17
Serving the dragon:
the future
Tell a lie loud enough and long enough and people will believe it.
Adolf Hitler
The Sumer Empire was the start, or rather re-start, of the Anunnaki takeover of Planet Earth, and the period we are living through today is designed to see its completion. If we take a deep breath and refocus our eyes, the human predicament could hardly be clearer. For the few to control the many, decisions affecting the many must be made by the few. This demands the constant centralisation of power over all aspects of life. And if you wish to control the entire planet, as the Anunnaki-Illuminati do, the major decisions must be made at a global level. Now look at what has been happening throughout these thousands of years since the last cataclysm. First there was Sumer - a centralised empire controlled by the same bloodlines. When that dismantled amid the squabbles of the "gods", this empire collapsed into its individual parts and, for a time, decision-making was decentralised. But the Anunnaki covert empire, which then began, has manipulated the world once more to the brink global dictatorship. In fact, in most areas of our lives, that is already the case. As the bloodlines and their influence expanded, especially from the Near and Middle East, tribes have been brought together into nations; the nations are being brought together into power blocs like the European Union; and the final stage, which we are now seeing unfold, is to bring the power blocs together under a world government, central bank, currency, and army. Game, set, and match to the shapeshifters - unless we awake from our hypnotic state. All this is not by accident, but by coldly calculated design and the structure they are planning to introduce can be seen in (The book). Without it, the centralised control of the world by the Anunnaki would not be possible. Try controlling from the centre if the key decisions affecting countries and communities are being made by those who actually live there and care for the freedom of their fellow citizens. You would have such a potential diversity of decision-making and, therefore, decisions, that you could not guide the world in the direction that suits your agenda. The co-ordination would not be possible to make all the individual parts decide the same thing. But if you create a structure in which global policy in politics, business, finance, media, and military is decided by world bodies, all controlled by the same force, you can dictate to the entire human race while calling it "democratic freedom".

The more you centralise, the more power you have over people and events, and so the more you can centralise. This is one reason why the pace of the agenda has quickened, especially in the last 150 years, and is continuing to do so. Gathering the tribes together into nations took the longest time, but once that was achieved everything became so much easier. The takeover of the Native American lands by the Europeans was a wonderful example of how a vast culture of diverse tribes and decision-making was fused into a centrally controlled nation, the United States. This was achieved in a relatively short time because by then the llluminati had built a power base within the nations of Europe, particularly, in this example, Britain and France. Under the tribal system, it was impossible for the llluminati to centrally control the Native Americans. But under the US Federal Government, it is child's play to dictate centrally to a nation of some 260 million people today. I am not suggesting that we need to go back to living in tee-pees or caves, or operating in tribes. It is the level at which decisions are made that I am highlighting here. You can have a modern society and still have diversity of decision-making. The llluminati are desperate for you to believe that this is impossible, and that the more we advance technologically the more we must centralise everything. This is not true; they just want you to believe that so they can justify their agenda.

The European fascist dictatorship

The llluminati global web is now a maze of interconnected secret and semi-secret groups who are manipulating to the same end: the centralisation of power in all areas of our lives. It is these groups that have been responsible for the emergence of Serving the dragon: the future 337

The rods

are the countries of Europe and the axe is the centralised dictatorship that now controls them. The European Union is classic fascism and this is precisely the governing structure they want for the world. The "EU" is a 100% Illuminati creation, manipulated into being by covert operators and a network of organisations co-ordinated by a secret society called the Round Table. This was first headed by the infamous llluminati operative Cecil Rhodes, who left money to fund so-called "Rhodes Scholarships", which continue to finance the expenses and education of Illuminati-selected students from around the world to attend Oxford University. Here they are schooled to become llluminati agents and, if they agree to serve their masters, they go back to their countries and later enter significant positions of power. Bill Clinton is an excellent example of a Rhodes Scholar and so is the former Australian Prime Minister Bob Hawke. The Rhodes Scholarship network connects with the Round Table and the rest of the web, and Oxford University is the centre of the llluminati manipulation of global "education". It is no coincidence that an area near the present Oxford University was the site of one of the earliest Druid initiation schools founded in Britain.

The round table network

In...And The Truth Shall Set You Free, I have documented in detail how the European Union was founded by llluminati placemen like Jean Monnet, Count Richard N. Coudenhove-Kalergi, Joseph Retinger, and others. They were the public face for the forces manipulating the creation of the centralised European dictatorship we see today. Retinger, a Polish "socialist", was also involved with Prince Bernhard of The Netherlands, in the formation of the Bilderberg Group. This is an Illuminati operation funded by the Rockefellers and the Rothschilds. It was officially named after the Bilderberg Hotel in The Netherlands where its first official meeting took place in May 1954, but Bil can have many connotations. "Bil", for instance, was another name for "Thor", the first king of Sumer, according to the Edda, and Bil also relates to Bel, the ancient Sun God. Bil-der-berg actually translates, apparently, as "Bil or Bel of the Mountain". The Bilderberg Group is co-ordinated by lovers of humanity like David Rockefeller and Henry Kissinger. Prince Bernhard, a German Habsburg and former Nazi SS officer, married into the Dutch royal family, the Merovingian House of Orange. This is the same bloodline as William of Orange who played such a pivotal role for the Illuminati when he sat on the British throne, signed the charter to create the Bank of England, and started conflicts in Ireland that continue to this day. The House of Orange connects into the Orange Order, a "protestant" secret society involved in the conflict in Northern Ireland. The Orange Order, in turn, connects into the Freemasons, the Knights Templar, and so on. Bernhard is a close associate of Prince Philip and they operate that Illuminati front, the Worldwide Fund for Nature, which is exposed at length in The Biggest Secret. What a coincidence that all the key players behind the formation and subsequent centralisation of the European Union have been attendees of the Bilderberg Group, which has pursued a policy for the centralised control of Europe since it was officially created in 1954! The very official suggestion to form the Bilderberg Group came from Joseph Retinger, one of the founders of the European Community, now Union, and Prince Bernhard. The present chairman of the Bilderberg Group is the Viscount Etienne Davignon, another bloodline placeman with the perfect career record. He was vice-chairman of the European Commission in the 1980s, and Chairman of Societe Generale De Belgique - the massive banking and utility

conglomerate in Belgium. He is also chairman of the Illuminati front, the European Round Table of Industrialists. This formulates policy for the European Commission, which then dictates to the European Union. Davignon is a founder member and president of AMUE, the Association for the Monetary Union of Europe, as well as being a member of David Rockefeller's Trilateral Commission, the European Institute in Washington, and a director of Anglo-American mining. European monetary union is a progression to the world currency. In his position as Industry Commissioner in the 1980s, Davignon was instrumental in turning European institutions from supporting small business to supporting big business. He did this by getting European industrialists, through his European Round Table of Industrialists, to draft European policy This anti-democratic practice continues to this day. No wonder the Bilderberg elite chose this guy to replace Lord Carrington, the Rothschild bloodline, who was the Secretary-General of NATO before becoming Bilderberg chairman in 1991.

The Bilderberg Group (Bil) is part of a network of organisations, which are all masks on the same Illuminati face. They are controlled by the same people and have different roles to play in advancing the agenda of global centralisation. The others are the Royal Institute of International Affairs in London (RIIA), the Council on Foreign Relations (CFR) in the United States, and the Trilateral Commission (TC), which operates in the United States, Europe, and the Far East. From this point I will indicate members and attendees of these groups by using those abbreviations after their names. They are satellite organisations orbiting their central core, the secret society called the Round Table (see Book). It was elite members of the Round Table in Britain and the United States who manipulated the First World War and wrote the "Balfour Declaration" in 1917 in which the British Government officially announced its support for a Jewish homeland in Palestine (see ...And The Truth Shall Set You Free for the background detail). The Balfour Declaration was a letter sent by Lord Balfour, the Foreign Secretary and elite member of the Round Table, to Lord Lionel Walter Rothschild, who was funding the Round Table. The Rothschilds have controlled Israel since its foundation and funded the terrorist groups that bombed it into existence. This, by the way, is not a condemnation of Jewish people living in Israel, just a comment on the merciless way they and others have been manipulated by forces they have no idea exist.

Serving the dragon: the future

The Bilderberg Group and the other strands of the Round Table network have among their number the top people in global politics, business, banking, media, military, "education", almost every aspect of human life. It is their job to co-ordinate the same policy through apparently unconnected countries, political parties, military commands, newspapers and media, business and financial organisations.

These people are compartmentalised, as with all Illuminati operations, and there are basically three levels: 1 the inner core who know the big picture, and these are Anunnaki shape-shifters; 2 the regular attendees who know most of the picture, and they will be Anunnaki shape-shifters lower down the hierarchy; 3 those who are invited to a Bilderberg meeting because the Illuminati require a certain course of action from them at a particular time. Many of these will not be Anunnaki bloodlines, just manipulated stooges, who have their egos massaged and are made to think they have "arrived" on the world stage by such an invitation to rub shoulders with the "big boys". These guys will know little, often nothing, of the Illuminati agenda. I have been talking and writing about the Bilderberg Group for more than 11 years and older researchers have been doing so for a lot longer. Those few journalists who even bothered to listen have dismissed this information as a crazy "conspiracy theory", but even some of those are now having to think again, purely by the weight of evidence. However, much as I welcome the increased attention focused on the Bilderberg Group and its network, I would stress that this is not the conspiracy, as many believe. It is merely one compartment of it. I have met Bilderberg researchers who have a padlocked mind to the wider conspiracy of which that is only a small part. The Bilderberg Group is not even close to being the centre of the conspiracy. It is an interface between the llluminati and global politics, banking, business, etc., that's all. It is controlled by far more elite secret societies that dictate its actions and policy. Even the Round Table is not the top of the pyramid, only another strand in the web. Discovering the Bilderberg Group is to see one entrance to the labyrinth, not to locate its core.

I can give you a feel for how the manipulation works by listing some of the Bilderberg attendees. The Secretary-General of NATO, the head of the biggest military force in the world, is appointed by the Bilderberg Group, a private organisation that 99.9999% of the human race has never heard of. Take the last six Secretary-Generals alone, Joseph Luns, Lord Carrington, Willy Claes, Manfred Woener, Javier Solana, and George Robertson. All are Bilderbergers. How many people know that? Exactly. And how many know that James Wolfensohn, the President of the World Bank (and Rothschild partner), and heads of the World Trade Organization like Peter D. Sutherland and Renato Ruggerio, are Bilderbergers? Or US President Bill Clinton, UK Prime Minister, Tony Blair, the German Chancellor Gerhard Schroeder, and his predecessors, Kohl, Brant, and Schmidt? Or previous British prime ministers, Margaret Thatcher, James Callaghan, Harold Wilson, Ted Heath, and Sir Alec Douglas Hume, a former Bilderberg chairman? Hardly anyone knows this, including most members of their own parties! It was shape-shifter Ted Heath who signed the UK into the European "Community" in 1972 and government documents recently released under Britain's "30-year rule", have shown that Heath knew from the start that this would lead to a centralised European state. It was Douglas Hurd, Heath's close associate, who signed us further into the web with the Maastricht Agreement in February 1992, which turned a "free trade area" into political union. Since then the centralisation of power has continued to advance with the single European currency, the Euro, and now they are talking of a full-blown United States of Europe that will make nation states mere administrators of European law. They virtually are now. That has been llluminati policy going back almost a thousand years to the founding of the Knights Templar. They wanted a United States of Europe even then.

I said way back in the 1990s that the Labour Party's Tony Blair (Bil) would be brought to power in Britain to take us further towards the single European currency and destroy British sovereignty. That is precisely what he is doing and unless British people wake up - and fast - this is going to happen. Among the prominent "opposition" Conservatives supporting Tony Blair (Bil) in the policy of taking the

UK into the Euro are Ted Heath (Bil), Kenneth Clarke (Bil), and Lord Howe (Bil). Because the Illuminati bloodlines are in the positions of power all over the world, they can activate apparently unconnected people in support of the Illuminati agenda. Thus we have the heads of Japanese corporations with factories in the UK threatening to close them if the UK does not join the single European currency. Tony Blair is delighted with these statements, of course, because they make his job easier. The manipulation of fear is the greatest weapon the reptilians have. Everything is based on this, and that's the idea behind the warnings from Japanese corporations. The Illuminati plan is to create American and Pacific Unions based on the same structure we have in Europe. One would encompass the whole of the Americas and the other would control the Asia-Australia region. The Illuminati are preparing to use the same method they employed in Europe by evolving these political unions out of the "free trade areas" called the North American Free Trade Agreement or NAFTA, and the Asia Pacific Economic Co-operation or APEC. Presidents father George, Bill Clinton, and now "boy" George, have all called for an Americas-wide extension of NAFTA. I said years ago that the Canadian currency would be artificially depressed to encourage the Canadian public to replace their currency with the US dollar as part of this political and economic union of the Americas. That "debate" has now begun as the value of the Canadian dollar has collapsed. You don't have to be a prophet to predict the future; an understanding of the Illuminati and their plans is quite sufficient.

The following are among the main foundations of their agenda. Some are already happening and others are in the process of being manipulated to happen. While I was writing this book in December 2000, it was agreed that the European Union would expand to include a dozen more countries and that many more decisions would be made by majority voting. In other words, countries would lose further rights to say "no" to a policy agreed by the European Union centralised state. Tony Blair made much of the fact that he refused to agree to majority voting on tax and social security decisions and this allowed him to paint it as a "victory" for Britain's national sovereignty. In fact, that was a smokescreen behind which the Illuminati plan for a European dictatorship could advance still further.

The world government

The United Nations was a vital achievement for the Illuminati. They tried and failed with their League of Nations after the First World War and so they engineered the Second World War to batter nations into agreeing to a global "forum" to replace, in Winston Churchill's phrase, "war, war" with "jaw, jaw." But as the Illuminati well knew, as did the committee of the Council on Foreign Relations that wrote the charter, the UN was only a stalking horse for a fully-fledged world government. It is the same ruse played out to evolve the European Union out of the European "Common Market". The plan has always been to create so many "problems" in the world that the only answer to them is perceived to be a global government to "sort out the mess" (problem-reaction-solution). What the public has not been told - until now - is that those pressing for the world government are the same people who are creating the problems to justify it. Another scam is to persuade us that a world government would be the way to bring all people together as one humanity, caring and sharing, and recognising we are all one family. Very nice sentiment on the face of it, but from the Illuminati point of view, that is their worst nightmare. They want humanity to be divided and ruled not united and free. They use terms like the "Global Village", "Global Commons", "Global Neighbourhood" and "One World" to manipulate people into missing the fundamental difference between "One World" (coming together in mutual support and co-operation) and a global centralised fascist dictatorship. Wasn't the United Nations supposed to achieve all the goals they are claiming for the world government? It's like the carrot and the donkey. They sell you a solution that involves centralisation and when that doesn't

work (on purpose) they sell you another solution that involves more centralisation. The Illuminati, as my other books document, controlled the people who created the United Nations and they have controlled those who have administered its policy to this day. Even its headquarters in New York is built on land donated by the Rockefeller family, who also donated the land for the headquarters of the League of Nations. The UN building was previously the site of a slaughterhouse. With the Illuminati obsessed with blood sacrifice and symbolism, that is no coincidence.

The world central bank and currency

Money, together with fear, are the main weapons of human control. When you follow the bloodlines through history there are a number of themes that constantly recur: human sacrifice and blood rituals, war and conflict, and the system of lending people "money" that doesn't exist and charging interest on it. When you go into a bank and agree a "loan" they don't print a single new note, mint a single new coin, or move an ounce of precious metal a single inch. They simply type into your account the amount they have agreed to "loan". They have created "money" out of nothing and it has cost them nothing to do it. But from that moment you start paying them interest on that "money" which has never and will never exist. They call this "credit". The same force, the Illuminati, which created the banking system and controls all the banks, also created the political system and controls all the major governments. This has allowed these governments to pass banking laws that allow their banks to lend at least, and it is at least, ten times what they have on deposit. In truth, it is far more than that. Every time you put a pound or dollar in a bank, you are giving them the right to lend ten pounds or dollars they do not have. This system of so-called "fiat" money and "fractional reserve lending", means that banks can create money out of thin air whenever they choose. The deluge of debt, with which people, businesses, and governments constantly battle, is this same fresh-air "money". Personal debt, national debt, "Third World" debt - all of it. None of this really exists, except as figures on a computer screen. Think about the suffering, poverty, and death that these crushing debts cause every day and yet they are just figures on a screen written by a clerk in a bank. Nothing more. Imagine how the world would change if money was created interest free? They tell you that this can't be done because that's what they want you to believe. Of course it can. Both

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President Kennedy and President Lincoln began to issue interest-free money. What else do these two men have in common?

Governments could create their own interest-free money and remove instantly the need to pay fantastic sums in interest to the private banks. Isn't that simple common sense? Then why does no government or major opposition party ever suggest it? Answer: (a) the Illuminati who control the banks control the governments and the hierarchies of the major political parties; and (b) most of the lower politicians in these parties are stunningly uninformed about the money system. I have even had to explain how money is created to professional "economists" before now. I kid you not. I met a retired bank manager in England some years ago and it was only in the last months before his retirement that it dawned on him that all the money he had been lending for the bank throughout his career was just an illusion. It had never actually existed. In the United States the trillions of dollars of government debt, serviced by the sweat and toil of the people, is "owed" to the US "central bank", the Federal Reserve. This was launched in 1913 by agents for the Rothschild, Rockefeller, and J.P. Morgan banking families (see ...And The Truth Shall Set You Free) and, ever since, the US government has borrowed its "money" from the "Fed". The head of the Federal Reserve is currently the llluminati Satanist Alan Greenspan (Bil, TC, CFR), who took over from Paul A. Volker (Bil, TC, CFR). You get the picture. Greenspan attends the rituals at Bohemian Grove and, according to Phillip Eugene de Rothschild, is high up in the

llluminati ritual hierarchy. The "Fed" decides the interest rates in the US, a fact that has a fundamental effect on the world economy because of the interdependency the llluminati have built into their system. It makes centralised control so much easier if you have key power centres where the decisions have a global effect, and frontmen like Greenspan ensure that one individual holds such power. It is worth noting that the first policy change made by the UK government of Tony Blair (Bil) was the announcement by his Chancellor of the Exchequer, Gordon Brown (Bil), that interest rates would no longer be set by the elected government, but by the Illuminati's Rothschild-controlled Bank of England, run by its governor, Eddie George (Bil).
Americans believe that because the word "Federal" appears in the title that the Federal Reserve is part of their Federal Government. This is not true. The Federal Reserve is neither federal nor has any reserve. It is a cartel of private banks controlled from Europe, i.e. the Rothschilds and the llluminati. It has not produced audited accounts since it was formed in 1913 and yet this is the source of the national debt in the United States. This is how it works. When the government wants to borrow money it issues a government "bond" or "IOU" to the bank, say for a billion dollars. The bank then prints a billion dollars or simply creates it on a screen and this costs the "Fed" nothing because it pays the negligible cost of a few thousand dollars with more fresh-air "money". From that moment the US taxpayer begins to pay the privately-owned "Fed" interest on a billion dollars. More than that, the government's IOU, now in the Fed's hands, is counted as an asset of the bank and so it can now lend ten times its "value" (in this case ten billion dollars) and charge interest on that, too. This is happening in every country in the world!
When you go into a bank and sign over "collateral" for a loan, the same scam is played. Your house, land, or business is counted as an asset of the bank and they can lend ten times its estimated value to other customers. When you take out a loan you are borrowing your own wealth and paying the bank for the privilege. Also, the banks have a system known as "bank trades," which allows them infinite potential for loan "capital". If, even by these ludicrous banking laws, a bank does not have enough on deposit to make a certain loan, it "borrows" money from another source. That source only has to put money on deposit at the bank for a short period - a month, even a few days - and during that time the bank can legally make a loan of ten times the figure the outside source has deposited. Once the loan has been made, the source gets its money returned, plus a massive interest payment for its trouble.
There is no need for anyone to be hungry or in poverty in this world. This is purposely engineered through the system of "money" and debt created by the Illuminati. The central banks are part of one network, the same as the oil companies, and they are all controlled by the Illuminati bloodlines. The Bank of International Settlements in Basle, Switzerland, and the International Banking Commission, are the bodies that co-ordinate the policies of the apparently unconnected central banks. See ...And The Truth Shall Set You Free and The Biggest Secret for the fine detail and sources of what you are reading in this chapter.
The public does not have a clue where money comes from. They just have some vague idea that the "government" prints it or something. In truth, all except a fraction of the "money" in the world comes into circulation through the private banks making "loans" of non-existent "credit". So "money" comes into "existence" as a debt from the very start because "money" is brought into circulation by the banks issuing a loan or "credit". In this way, the banks (ultimately controlled by the same people) have complete control over how much "money" is in circulation. And the money in circulation decides if we have an economic boom or depression.
People suddenly deciding they don't want to work, buy things, or have a home, is not the cause of economic depressions. They happen when there are not enough units of exchange ("money") in circulation to generate the economic activity that provides the necessary employment and income. Who controls how much "money"

is in circulation? The Illuminati banks do. The following is a summary of how the "economic cycle" has been played out for centuries.

First you make lots of loans at low interest rates to encourage people to borrow money from you. This increases dramatically the amount of money in circulation and so makes more available for people to spend. This stimulates an increase in demand for, and production of, products and that creates more jobs. We have a "boom". It is an interesting fact that people tend to get into more debt during a boom because they are so confident financially that they borrow more money to buy a bigger car, bigger house, and better holidays. Companies borrow more from the banks to buy new machinery to meet the increased "demand". The stock markets explode and people invest more of their money in this global casino, even taking out loans to do so. Then, when this "boom" reaches the optimum point for the sting to be most effective, the banks, under central co-ordination, begin to take

money out of circulation. They push up interest rates through their Federal Reserve, Bank of England, and other central banks. Suddenly a lot of money that had been circulating and buying products is withdrawn to pay the higher rates to the banks, and banks change their policy to ensure that they make fewer new loans. Eventually, more "money" is coming out of circulation than is going in and there is not enough money in circulation to buy all the products and services available. People begin to lose their jobs. These job losses increase the rate of economic depression because those people no longer have the money to purchase what they did before. With no other jobs available, the unemployed lose their homes, their families go hungry, and businesses go bust. These homes and businesses were bought with "loans" of fresh-air "money" from the banks. In doing so, the borrowers agreed that the banks were entitled to those homes and businesses if they did not keep up the payments. The depression, created by the banks, now gives the banks the right to confiscate all that real wealth - houses, land, business property and assets - in exchange for loaning nothing more than figures on a screen. In short, the banks make lots of loans in stage one and then withdraw so much money from circulation that there is not enough to pay them back. This ensures that they can legally steal the real wealth of the people. This is what smart-suited, and mostly thoroughly ignorant, "economics correspondents" on the television news call the "natural economic cycle". There is nothing natural about it. The whole thing is a scam. The fishing line is cast in stage one, the "boom", and then reeled in during stage two, the "depression". This cycle of manipulation has been played out for hundreds and even thousands of years, back to the banking operation of the Knights Templar and to Babylon and beyond. This is the cycle that has sucked the real wealth of the world into the hands of the tiny few and it still goes on.

Now the Illuminati are planning to complete their financial control of the human race with a world central bank and one global electronic currency. This bank would make all the major financial decisions affecting every country. The currency would eventually bring an end to physical "cash" and all other currencies. While I was writing this book, a UK paper called Metro reported on December 20th 2000 that Singapore was moving to a cashless society by 2008. In an article "Beginning of End for Cash", the paper revealed that Singapore (a British-controlled Illuminati "country") was phasing in "e-money" and would insist that everyone used it. Financial transactions would be made using money stored on computer chips, it said, and cash will be a thing of the past as money changed hands electronically using digital pulses transferred through mobile phones, hand-held computers and even watches. This is just the phase before they bring in micro-chip implants for everyone. Under the Singapore scheme, shoppers will be able to point a mobile phone at an item to register the price. The phone would check the shopper's bank balance on the Internet and deduct the money from the account if it was told to buy

the item. The Singapore's government said this will save a small fortune on labour, security and transportation costs involved in making and moving notes and coins. Low Siang Kok (so have I), currency director at Singapore's Board of Commissioners of Currency, said: "The physical notes and coins will be a thing of the past. There's no point in fighting technology. If you want to give your kids pocket money, you pass it to them by phone. They can use it for bus fares, in the school cafeteria, or whatever." He then listed all the merits of the cashless society that I have long predicted they would use to sell it to the people - safer than cash and credit cards etc. etc.

Mayer Amschel Rothschild, the founder of the Rothschild banking dynasty, said: "Give me control of a nation's currency and I care not who makes the laws." This has been attributed to another Rothschild also. The fewer currencies there are, the more control you can have over the money system. This is why the Euro has been introduced within the European Union and the pressure is mounting for Canada to take the US dollar. These are stepping-stones to the world currency. Under the Euro, for example, a group of unelected bankers at the European Central Bank in Frankfurt (where the Rothschild banking dynasty began) have control over the interest rates and financial policy for the whole of Europe. Anyone ever questioned that? Or even bothered to find out in the first place? The next stage is to create the World Central Bank in which Illuminati bankers would set interest rates and financial policy for every country on the planet. The world currency will be electronic because this will make control of the people so easy. At the moment if you hand over electronic money, a credit card, and the computer will not accept it, you can still pay with cash. What happens when there is no cash and that computer says no to your credit card or your micro-chip, which is designed to replace it? You will have no other way of purchasing and whoever programmes that computer to accept or not accept your card or chip will control what, where, and whether you purchase anything. Also, whenever you buy a product of any kind, the place, time, item, and cost will be recorded. That's the idea, and the amount of physical money in circulation is already a fraction compared with electronic pulses on computer screens. Even this ratio is falling all the time.

Money-tree policy

One other point on money. The Illuminati control the banks, big business, and governments, and, therefore, they take pretty much all the money we spend or save. Some 80% of the cost of fuel in the UK is government taxation and the oil companies say we can't blame them for the cost because they only take a small part of the pump price. Well, actually, this is not true. The Illuminati own all the oil companies and take an enormous profit from their slice of the price. As I was writing this book, BPAmoco announced it was making around £3,306 a second in profits. But, of course, it could never get away with charging for itself what the governments take in tax. So government taxation allows the Illuminati to rob the population of far more money and, as they control government policy through their placemen and agents, that taxation is overwhelmingly used to advance their agenda. According to Phil Schneider, who helped to build underground bases in the United States, the "Black Budget" for Illuminati projects takes 25% of the gross national product of the United States and (speaking in 1995) he revealed that it consumed $1.25 trillion every two years. The same situation applies to the tax on alcohol. The Illuminati, through

bloodline families like the Bronfmans in Canada, control liquor producers and distributors. Liquor is also heavily taxed and the same applies here as with fuel. In the UK we have a sales tax called VAT or Value Added Tax. People buy products from Illuminati businesses and pay extra in taxation for the privilege. This tax goes to the government to fund the agenda. OK, don't buy so much and keep your money in the bank. If you do, you will be giving the Illuminati the right to lend and charge interest

on ten times and more what you put on deposit. Give your money to cancer research and you will be giving it to the Illuminati drug cartel that has no intention of finding a cure for cancer. Give it to the Worldwide Fund for Nature and you will be giving it to another Illuminati front that is using environmental concerns for its own ends. Has humanity been stitched up or what? As Henry Ford said: "It is well enough that the people of the nation do not understand our banking and monetary system, for if they did, I believe there would be a revolution before tomorrow morning."

"Free trade" is stealing the planet

The Anunnaki-Illuminati have worked ceaselessly to make all countries dependent on the world financial and trade system, which they created and control. Once again it is far more difficult for the few to dictate to the many if the many operate in economic units (countries) that can decide their own financial and trade policy. So the Illuminati first created the GATT "free trade" agreement to stop nation states from defending their economies from the importation of goods that are destroying local jobs. Their placemen in government signed the agreements, which were negotiated by Illuminati agents like Peter D. Sutherland of Ireland, the Bilderberger head of GATT. He later became head of the World Trade Organization in the Illuminati stronghold of Switzerland. This replaced GATT and now has extensive powers to impose enormous fines on nations who do not follow its rules. By the way, Switzerland is never attacked in wars because that's the country through which the Illuminati finance the wars! History is so simple when you can see behind the veil. Sutherland was replaced at the World Trade Organization by the Italian, Renato Reggerio, another Bilderberger, and went on to become joint head of one of the major Illuminati companies, British Petroleum or BP-Amoco. He took over from the previous BP chief, Sir David Simon, who joined Tony Blair's government as his "Minister for Trade and Competitiveness in Europe" with the brief of taking the UK into the Euro and the United States of Europe. The end of trade borders in Europe under the Common Market removed more control by individual countries over their economy, and the same with the North American Free Trade Agreement between the US, Canada, and Mexico, negotiated by the paedophile George Bush (TC, CFR), and that rapist of mind-controlled women, Brian Mulroney, who was then the Canadian Prime Minister. I am sure they thought "free" trade was for the good of humanity. The powers of the World Trade Organization ensure that poor "Third World" countries cannot use their land to feed their people first, nor keep out imports that are causing hunger and poverty by destroying local employment. If you have ever travelled in Africa you will know that the idea that this continent cannot feed itself is utterly ludicrous. It could feed much of the world. People are hungry because food-growing land is not being used to fill empty bellies, but to grow cash crops for the Illuminati-owned transnational corporations or to fight llluminati-engineered wars. A book I wrote many years ago, It Doesn't Have To Be Like This, documents examples of this cash-crop scandal. The transnationals pay little or no tax to these countries and by owning the land at the expense of the people, they can pay poverty wages to the workers who have no other form of employment and no chance of self-sufficiency. The Illuminati transnationals are leeches sucking these countries dry of money, opportunity, and resources. They are, in short, purveyors of genocide. But then they are owned by the Illuminati bloodlines who think nothing of sacrificing a child and drinking its blood, so what are they going to care about the plight of the people they abuse economically? The Anunnaki view humans in the same way that most humans view cattle.

When the European countries "withdrew" from their colonies across the world and granted them "independence", they only did so on the surface, as 1 outlined earlier. Physical occupation by foreign armies was replaced by financial occupation by the banks, and the plan is to go back to physical occupation through the transnationals and the United Nations. The Illuminati bloodlines and secret

societies continued to control most of the "independent" African, Asian, and South and Central American leaders. Indeed, by controlling the system, the Illuminati have controlled them all, even the few who are not directly in their pocket. It was these leaders who made the agreements to hand over the food-growing land to the transnationals. They told their people they would be able to import food they could be growing themselves with the "money" the country received for exporting resources and commodities. But the price of those commodities is decided in the commodity markets in Europe and America. With the Illuminati dictating the price of commodities sold by "Third World" countries, they could bring them to their knees whenever they chose. The puppet-leaders are rarely affected because they are well paid for serving the dragon. Ask the mass murderer Robert Mugabe in Zimbabwe. The Illuminati's greatest coup on the developing nations was the creation of "Third World" debt. I detail this story in ...And The Truth Shall Set You Free, but, briefly, the Illuminati told the dictators in the Arab oil countries that they would vastly increase the price of oil on the understanding that the Arabs deposit the profits from this fantastic wind fall in specified Illuminati banks. The Arab dictators agreed. Illuminati operatives then got together at the Bilderberg meeting in May 1973 held at a Swedish island called Saltsjoebaden, owned by the Wallenberg bloodline banking family. Here they agreed the details of the colossal hike in the price of oil. The next stage was to manufacture an excuse to do so and, five months later, Henry Kissinger, a Bilderberg executive, manipulated the Yom Kippur War between Egypt and Israel. In 1973 he was the US Secretary of State and National Security Advisor. Kissinger's United States and the "West" supported the Israelis during the war with Egypt, and this gave the Arab leaders a reason to retaliate economically. Right on pre-arranged cue, the Arab oil dictators feigned their disgust at western support for Israel and used it as an excuse to "punish" the West by increasing the price of oil to levels that brought the world economy to its

knees. You know when newsreaders say that the "OPEC" countries are discussing the price of oil? Well, actually, they're not: the Illuminati are deciding the price of oil because they control the OPEC leaders and all the oil companies.

With these unimaginable amounts of money flowing from the Arab dictators into their banks, the Illuminati threw their next card. They went to all the "Third World" countries and offered them enormous loans at low interest rates to "boost" their economies and "industrialise". The spin was that the Illuminati banks didn't want these loans repayed for reasons I will come to. They knew that the money would largely be wasted by their placemen and, anyway, they had insured against repayment by their next move. Enter Margaret Thatcher (Bil), the "Iron Lady", who was, in fact, one of the most controlled and manipulated leaders of the 20th century. The strings around her were pulled by her foreign secretary and Rothschild bloodline, Lord Carrington. He is Henry Kissinger's close associate, a former chairman of the Bilderberg Group, and the UK foreign secretary who engineered the Falklands War and handed power to the dictator Robert Mugabe in the former Rhodesia, now Zimbabwe. And these are the least of this man's crimes against humanity. If that's not true, Lord Carrington, then do please sue me and let's get the truth about you and your mates exposed in a public court. Margaret Thatcher introduced "her" vicious economic policy known as "Thatcherism" after her election in 1979. Her victory was ensured by the demolition of the previous Labour Government caused by the Illuminati-created "Winter of Discontent" in which they activated their agents within the British trades union movement to call an explosion of strikes. At one point rubbish was piled up in the streets and even the dead could not be buried. (The Illuminati were also behind the squabbles, scandals, and strife within the Conservative Government just before the election in 1995, which brought the Labour leader Tony Blair to power with a landslide victory.) A year after

Thatcherism was launched in the UK, exactly the same policies were introduced in the United States under the name "Reaganomics" with the election of the puppet president Ronald Reagan and his controller, the vice-president George Bush. Thatcherism and Reaganomics imposed economic conditions that brought tremendous rises in interest rates.

Now we complete the circle. The "Third World" countries, which accepted those enormous loans at low interest rates, were now faced with such an increase in their repayments that they would never be able to repay the interest, let alone the principle. The term "Third World debt" was born. The cost in human misery defies belief and in came those Illuminati creations, the International Monetary Fund (IMF) and the World Bank (currently headed by the Rothschild partner and Bilderberger, James Wolfensohn). They told these debt-ridden, poverty-stricken, countries that they had to cut subsidies for food and health care and "restructure" their economies in line with the instructions of the IMF and World Bank. If they did not, they would get no further "help". By now these countries could not revert to self-sufficiency because the Illuminati transnationals controlled much of the foodgrowing land and they were faced with both world trade restrictions and debt repayments. What happened? People starved and are still starving, and any leader who seeks to challenge the Illuminati immediately finds his country involved in a war. But the Illuminati were still not finished. Why would they not want these countries to repay their loans? For the same reason they don't want many people in the industrial countries to repay their loans. They want their land and resources and the control that debt ensures. Now "debt-relief" policies are being implemented in which these poor countries hand over rights to their land and resources forever in return for the "forgiveness" of debt. A debt that only exists as figures on a computer disk. You may note that governments are "forgiving" Third World debt without demanding a return because they are lending taxpayers' money. No problem, there'll be more. But the banks are selling the "debt" for land and resources, in other words the Illuminati bloodlines are.

The same technique is involved in the "debt-for-nature-swaps" in which poor countries are "forgiven" debt if they hand over large tracts of their land to the United Nations and environmental agencies to "save the planet". How ironic that the greatest destroyers of the ecology are the very policies of the IMF, World Bank, and Illuminati banks that devastate "Third World" countries and force the people to destroy their own environment, including the rainforests, just to survive. And how strange that while Illuminati banks and transnational pursue policies that are devastating the environment, it is the same Illuminati families, like the Rockefellers, who finance and front reports saying that the planet is dying and we must "save her". Strange, too, that many environmental pressure groups are Illuminati agencies, not least The Worldwide Fund For Nature. This is headed by Prince Philip and long-time Bilderberg chairman, Prince Bernhard of The Netherlands. It was Bernhard who chaired the meeting in Sweden that agreed to hike the price of oil with its catastrophic environmental consequences. But, in fact, none of this is strange at all. "Saving the environment" suits the Illuminati perfectly because it involves the imposition of centralised global laws and the acquisition of land on a stupendous scale by the United Nations and other agencies of the Illuminati in the name of "environmental protection". Look at how many invading armies that cause genocide in places like Rwanda and Burundi, are sheltered in the nature and wildlife parks along the borders and invade through those lands. The Biggest Secret has the detailed background.

The system has been set up so that he who controls the money controls the world, and the Illuminati bloodlines control the money. But there is so much good news here, too. It means that all these so-called unsolvable problems like poverty, debt, and war, are not a "natural" occurrence. They are made to happen because it makes humanity easier to control and manipulate. There is enough on this planet to

give abundance to everyone, don't let them kid you otherwise. For some to be well fed it is not necessary for others to go hungry. So why is there so much poverty amid such potential abundance? By controlling the creation and flow of money, the land, and resources, the Illuminati limit choice and create dependency - on them. Their World Central Bank and currency are designed to impose that control even more fiercely. Their equation is simple:

Scarcity = dependency = control. Abundance = choice = freedom.

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The world army

I have been writing for many years, along with other researchers, about the plan for a World Army. In earlier books, I said there would eventually be an amalgamation of the United Nations Peacekeeping Force and NATO, with NATO the senior partner. I also wrote that we should expect more conflicts to be engineered in which NATO was used to intervene and "save the people". This would set the precedent and change the status quo until NATO became, step-by-step, a world police force. This process is now well under way and the wars in the Gulf, Bosnia, and Kosovo are all part of that. An organisation called Kissinger Associates is always heavily involved in manipulating such conflicts. Henry Kissinger, the Illuminati's roving manipulator, controls the company, of course. One of the founding directors was his buddy, Lord Carrington, chairman of the Bilderberg Group for nearly ten years and a secretary-general of NATO. There is no better example of the hidden hand than the common connections between the major "peace negotiators" during the war in Bosnia.

The peace negotiators appointed by the European Union in Bosnia were: Lord Carrington (chairman of the Bilderberg Group, president of the Royal Institute of International Affairs, Trilateral Commission member, and Kissinger Associates); he was followed by Lord David Owen (Bil, TC); and then came the former Swedish Prime Minister, Carl Bildt (Bil). The United Nations-appointed peace negotiators were: Cyrus Vance (Bil, TC, CFR) and Thorvald Stoltenberg of Norway (Bil, TC). Stolenberg's son became Prime Minister of Norway. When they failed to achieve peace, along came an "independent peace negotiator", Jimmy Carter (first Trilateral Commission President of the United States and Council on Foreign Relations member). By now the public and political clamour for "something must be done" had been focused by the horrendous television pictures coming out of Bosnia, and the Illuminati could play their sting in this classic problem-reaction-solution scenario. Along came Bill Clinton's special envoy, Richard Holbrooke (Bil, TC, CFR) to negotiate the Dayton Agreement that installed a 60,000-strong NATO world army in Bosnia. This was the biggest multi-national force assembled since the Second World War. Holbrooke answered to US Secretary of State Warren Christopher (TC, CFR) and Defence Secretary William Perry (Bil). Their boss, at least officially, was President Bill Clinton (Bil, TC, CFR). The first head of the NATO world army in Bosnia was Admiral Leighton Smith (CFR) and the head of the civilian operation was Carl Bildt (Bil). The media won't tell you any of this because most journalists think investigative reporting is reading the morning papers and the official press releases. And the Illuminati control the newspapers through subordinates like the "owner" of the Washington Post, Katherine Graham (Bil, TC, CFR) and the Canadian, Conrad Black, an inner-core member of the Bilderberg Group, who heads the Hollinger media empire. This includes the London Daily Telegraph, the Jerusalem Post, and has owned some 70% of newspapers in Canada. Members of these organisations control all three television networks in the United States, NBC, ABC, and CBS. They also control the Los Angeles Times, New York Times, Wall Street Journal, and the empires of Rupert Murdoch, Time-Warner, including CNN, and the major media operations throughout the world. Even four out of five local newspapers in the UK are now owned by the big media cartels.

The main aim of the Bosnian war was to advance the NATO role of world police force. When the conflict began the UN peacekeepers were always sent to such trouble spots. But the Illuminati wanted to change that and while those terrible pictures of death and suffering were bombarding the public mind around the world, a media campaign was waged to condemn the UN operation in Bosnia as ineffective and next to useless. This was the excuse to bring in NATO forces and in doing so the Illuminati agenda moved forward significantly. When the Kosovo conflict was manipulated, there was no talk of sending UN soldiers because the status quo had been flipped by what happened in Bosnia. From the start the world looked to NATO to intervene in Kosovo and, as a result of their grotesque bombing campaign, they extended their control of that region. People have said to me that they could not understand the need for a world army because there would be no one to fight! Yes there would - the people. The world government would control the world army. Its job would be to implement the laws and decisions of the world government, should any country rebel and refuse to comply. We are talking global fascism here and the structures are being introduced before our eyes to impose that. The Illuminati know there is a chance that if US troops were asked to abuse and murder US citizens that many would rebel and perhaps mutiny. So they are covertly locating foreign troops in the United States under the guise of the United Nations while sending vast numbers of American troops abroad. The same with other countries, too.

The mental, emotional, and physicial onslaught

If you want to control a population you must suppress their desire or ability to think for themselves and see what is going on around them. This is done through the manipulation of the mind and emotions, and with drugs, vaccines, and food additives. It is vital that we realise that those who control the drug companies are the same as those who control the food giants - and the "health agencies", media, governments, banks, corporations, and all the rest. Millions of people are dying every year of diseases like cancer and AIDS who could be returned to health if they were allowed to choose from all the treatments available and not be confined to the primitive scalpel and drug. I have sat in treatment rooms, for example, and watched people cured, sometimes in 15 minutes, of complaints for which their doctors have either offered major and expensive surgery or no hope at all. This includes a woman who was so ill with lung cancer she had to be driven to the treatment centre because she did not have the strength to drive a car. After one treatment she was driving herself. Eventually, as her treatment and improvement continued, she went back to the doctors, who had said there was nothing they could do. Their new tests showed that she was cancer free. This "treatment" is no miracle because there are no miracles, only the natural laws and forces of creation at work. It is our knowledge of how to harness these forces that has been suppressed and people ignorantly follow what the "experts" tell them is possible. One healer I know used to be a conventional surgeon until he saw the truth of

what was going on and how knowledge was being kept from us all. This includes doctors. The Illuminati has structured the training of the medical profession to turn out people who advance their version of "truth". You only pass your medical exams if you conform to this official "truth" and you only keep your job if you continue to do so throughout your career. It is the same with scientists, teachers, government officials, the whole lot.

The manipulation of medicine

There is far more to the human entity than a physical body. That is the least of what we are. It is the genetic spacesuit through which our eternal consciousness, the thinking, feeling us experiences this frequency range we call the physical world. The brain is the computer, the switching station, which connects our immortal mind to our mortal body. We don't think from the brain, we think through the brain.

People with brain damage do not have damaged minds; they have a damaged computer, which cannot transmit the messages of the mind to the physical level of experience. The mind is an energy field working through the brain, not the brain itself. Our emotions are another energy field and these different levels of being are connected through a series of vortexes known as "chakras", a Sanskrit word meaning "wheels of light". In this way, stress in our emotional energy field, which manifests as an imbalanced vibration, is passed down the levels through the chakras. What is the first thing that happens when we get stressed and emotional? We stop thinking straight. This is the imbalanced emotional vibration disrupting the clarity and balance of the mental energy field. If the stress is serious enough, and goes on for long enough, the imbalanced vibration begins to affect the physical body. This vibrational imbalance interacts with the body cells to cause chemical changes and this is what we call "disease", or dis-ease as it really is. It is only at this point that the medical profession gets interested, when the vibrational imbalance affects the physical. They either prescribe a drug to try to reverse the chemical changes or take the person for surgery to cut away the result of the chemical changes. This is what we call "advanced" medicine! They treat the symptom and not the cause because they do not understand what the human entity really is. They see, and therefore treat, only the physical body. That is what the Illuminati system trains them to do and insists they do not deviate from.

True healers treat and remove the energy imbalances that are causing the physical effect. They do this by using their own bodies to "channel" energy from the infinite supply all around them through their hands to the patient. There are many other forms of vibrational and energy healing, also. Acupuncture needles balance the energy flows around the body, while crystal therapy and homeopathy are using the vibrations of crystals and plants to balance the patient's energy field. Of course there are charlatans in these alternative methods, too, but on nowhere near the scale of those in the drug cartels and medical authorities. When the cause is removed, its physical consequences disappear and this is reported as a "miracle cure", but, like I say, it is nothing of the kind. I have experienced some of these "miracles" myself. The physical body has an energy blueprint known to healers as the "etheric body" and when this is damaged or imbalanced it manifests as physical dis-ease. You might imagine the etheric body standing by a pool and its reflection in the water as the physical body. When the etheric changes its state or form in any way, the same happens to the physical. So if you keep the etheric level in good shape, the physical will do the same. While I was writing this book, I bashed my toe and after ten days it was getting worse, not better. It was extremely painful to walk. A healer did some "hands on" healing, channelling energy to repair the damage to the etheric level. Within half an hour my toe was feeling better and within two days it was back to normal.

I have met healers who have worked on some famous people in the Far East and these are the healing methods the Illuminati use. They don't want us to know about such treatments and so they ridicule them, call them "quackery", or condemn them as evil, while secretly using them for their own benefit. Most of the "quackery" goes on every day in the official hospitals and doctors' surgeries and the evil is in the billions of people who suffer and die when they could be cured if these suppressed healing methods were in widespread use. This is not to condemn all doctors, only the system which imprisons them. Why do you think so many of the most prominent Illuminati like David Rockefeller and Henry Kissinger are able to jet around the world like 40 year olds when they are both in their 70s? By using the drugs that the Rockefeller pharmaceutical empire turns out for the rest of us? You must be joking. These people know they are causing the death and suffering of billions by their actions, but they don't give a shit, just as most humans don't give a shit about the plight of cattle. Their "medicine" is not designed to make us well in

the true sense. Its prime aim is to suppress and dim our thinking processes, and make us subservient to authority. It's like sedating a cow or a sheep so they can be controlled more easily and won't run away when they see the slaughterhouse. Most of the medical profession have no idea this is so. They are just the fodder. They have to use the methods dictated from above if they wish to keep their jobs. When Guylaine Lanctot, a wonderful lady and professional doctor in Canada, began to expose the manipulation of the drug cartel and its agents in medical administration, she was struck off. See her excellent book, The Medical Mafia (Here's The Key, Inc, Canada, 1995), available through Bridge of Love and my website. She also shows why the suppressed and ridiculed "alternatives" are more effective than the treatments she was trained to administer. We are multi-dimensional beings and exist on all frequencies and dimensions of creation. We can access the infinite ocean of consciousness or stay imprisoned in our little droplet, disconnected from the true enormity of who and what we are. If you were the Anunnaki-Illuminati where would you want humanity to be - stuck in the droplet or sailing on the ocean? One way they do this is by feeding us drugs and chemicals that suppress brain function, clarity of thought, and the ability to connect powerfully with our higher levels of being, or "sixth sense" of psychic awareness and intuition. This is the real reason behind all the drugs, vaccines, and food additives we daily consume. 1 will give you some examples of this war on the human brain and immune system, but really the list is simply endless.

Serving the dragon: the future 355

Aspartame1

One of the weapons is aspartame, an Illuminati creation that suppresses the intellect. It is now used in thousands of foodstuffs and almost every soft drink. And who are the biggest consumers of soft drinks? Children. They want to get the kids as early as possible and turn them into unthinking, unquestioning, clones for life. Aspartame is an "artificial sweetener" and marketed as an alternative to the negative effects of sugar - which the Illuminati also control! It is known under trade names like NutraSweet, Equal, and Spoonful. Aspartame, which is 200 times sweeter than sugar, was introduced in 1981 and has been the subject of 75% of the complaints reported to the Adverse Reaction Monitoring system of the US Food and Drug Administration (FDA). These complaints have included headaches, dizziness, attention difficulties, memory loss, slurred speech, and vision problems. Such symptoms are now known as "aspartame disease", just as the affects of the preservative Monosodium Glutamate are called the Glutamate Syndrome. John W. Olney, MD of the Washington University Medical School in St Louis, believes there may be a link between aspartame and brain tumours. In an article published in the Journal of Neuropathology and Experimental Neurology, he says that animal studies reveal high levels of brain tumours in aspartame-fed rats. Dr Olney adds that aspartame has mutagenic (cancer-causing) potential according to studies, and a sharp rise in malignant brain tumours coincides with the increased use of aspartame. Even the US Navy and Air Force published articles in Navy Physiology and Flying Safety warning that:

"Several researchers have found aspartame can increase the frequency of seizures, or lower the stimulation necessary to induce them. This means a pilot who drinks diet sodas is more susceptible to flicker vertigo, or to flicker-induced epileptic activity. It also means that all pilots are potential victims of sudden memory loss, dizziness during instrument flight, and gradual loss of vision."2

And aspartame is no longer confined to diet drinks. It changes brain chemistry and lowers the threshold for seizures, causes mood disorders and other problems of the nervous system. It is also addictive. Hence people often find it difficult to stop consuming the soft drinks that contain aspartame. Symptoms of multiple sclerosis, chronic fatigue, rheumatoid arthritis, depression and other mood disorders have

vanished in many patients after they stopped aspartame consumption. Ten per cent of this legalised poison breaks down after ingestion into methanol, a nervous system toxin also known as free methyl alcohol or wood alcohol. This is extremely harmful to the optic nerve. It is the main ingredient of "moonshine" liquor made during Prohibition and this was notorious for causing blindness. Methanol is rapidly released into the bloodstream, where it can become the neurotoxin and cancercausing formaldehyde and formic acid, the poison in ant stings. Fancy a soda?

The Food and Drug Administration (FDA) in America, like its equivalent in other countries, is an Illuminati front to block products that are good for humanity and to push through, without proper testing, those that suit the agenda. This happened with aspartame. First the FDA approved its use on the basis of ridiculous data and then had to withdraw that permission in the face of studies showing that it caused seizures and brain tumours in animals. But the FDA restored approval in 1981, despite the unanimous opposition of a Public Board of Inquiry, which had reviewed the scientific data and recommended a delay. Dr Ralph G. Walton, a Professor of Psychiatry at North Eastern Ohio University College of Medicine, reviewed all the studies on aspartame and found 166 with relevance for human safety. All of the 74 studies funded by the aspartame industry gave it the all clear, but 92% of those independently funded revealed safety problems. Which ones would you believe?

The reason this poison was approved against all the evidence is simple corruption. A commissioner of the Food and Drug Administration, an acting commissioner, six other operatives, and two attorneys assigned to prosecute NutraSweet for submitting fraudulent tests, left the organisation to work for... NutraSweet, a trade name for aspartame. One genuine scientist working for the FDA wrote to a US senator: "It's like a script for Abbott and Costello. It works like this: 'Approve our poison, and when you stop being a bureaucrat we'll make you a plutocrat! After it's licensed we'll pay off the American Dietetics, the American Diabetes Association, the American Medical Association and anyone we need who's for sale'." Coca-Cola knew of the dangers of aspartame because, as a member of the National Soft Drink Association, it opposed the approval by the Food and Drug Administration. Its objections were published in the Congressional Record of July 5th, 1985. It said that aspartame was inherently unstable and breaks down in the can, decomposing into formaldehyde, methyl alcohol, formic acid, diketopiperazine and other toxins. So what is aspartame now doing in Diet Coke, the sales of which soared when it was added because it is so addictive? And "Diet" Coke is not "diet" at all. People who drink it get fatter, as with all aspartame products, because it increases the craving for carbohydrates by suppressing the production of seratonin. We are living amid a gigantic confidence trick. By the way, the Monsanto Corporation of St Louis, Missouri, owned NutraSweet and another aspartame product, Equal. This is an Illuminati company to its fingertips and the promoter of genetically modified food, another part of the Illuminati assault on the human mind and body. It is using the same methods to win approval for genetically modified food as it did for aspartame. Members of the Working Group on Bio-Safety connected to the Convention on Biological Diversity in Cartagena, Colombia, make recommendations on the use of genetically modified food. The members include:

Linda J. Fisher, Vice President of Government and Public Affairs for Monsanto and formerly with the US Environmental Protection Agency; Dr. Michael A. Friedman, Senior Vice-President for Clinical Affairs at G.D. Searle & Co., a pharmaceutical division of Monsanto, formerly with the US Food and Drug Administration; Marcia Hale, Director of International Government Affairs for Monsanto, formerly assistant to the President of the United States; Michael (Mickey) Kantor, director of Monsanto, former Secretary of the US Department

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of Commerce; Josh King, director of global communication in the Washington, DC office of Monsanto, former director of production for White House events; William D. Ruckelshaus, director of Monsanto, former chief administrator of the United States Environmental Protection Agency; Michael Taylor, head of the Washington, DC office of Monsanto Corporation, former legal advisor to the Food and Drug Administration; Lidia Watrud, former microbial biotechnology researcher at Monsanto, now with the United States Environmental Protection Agency's Environmental Effects Laboratory; Jack Watson, staff lawyer with Monsanto in Washington, former chief of staff to the President of the United States, Jimmy Carter. Others include representatives from Dupont (major Illuminati bloodline) and Dow Chemicals (Illuminati). Their representative is Clayton K. Yeutter, former Secretary of the U.S. Department of Agriculture, former US Trade Representative, who led the US team in negotiating the USCanada Free Trade Agreement and helped to launch the Uruguay Round of the GATT negotiations. He is now a director of Mycogen Corporation, whose majority owner is Dow Agro-Sciences, a wholly owned subsidiary of the Dow Chemical Company. I am sure their recommendations will be devoid of any bias whatsoever, or my name isn't Charlie Shufflebottom.

Prozac3

The story of Prozac, produced by the George Bush drug company, Eli Lilly, is the same tale of Illuminati corruption to impose a mind suppressant on the population. In 1982, David Dunner of the University of Washington began to accept more than $1.4 million from Lilly for research and seminars. Some of this "research" was for conducting a clinical trial with 100 people for Prozac. At the same time he was a member of the Food and Drug Administration's Psychopharmacologic Drugs Advisory Committee, responsible for reviewing new drug applications for the FDA. Dunner was asked if he had any conflict of interest with Eli Lilly when he began to assess Prozac for the FDA, but he replied: "No pending commitments at the present time." The FDA accepted this and yet Dunner had already given five seminars sponsored by Prozac producer Eli Lilly before this date. The seminars were about "depressive disorders"- the target market for Prozac. Dunner also failed to disclose that he had agreed to two further seminars for Lilly arranged to take place after Prozac was approved. According to the public record, Lilly's test on Prozac showed it was little more effective than a useless placebo and an FDA statistician suggested to Lilly that the test results be evaluated differently to indicate a more favourable result. This they did. An FDA safety review established that Lilly failed to report psychotic episodes during Prozac's testing, but there was no reprimand. By 1987, two months before the FDA approved Prozac, 27 people had died in controlled clinical trials. 15 were suicides, six by overdose, four by gunshot and two by drowning. Prozac was directly connected to all of them. Twelve other people in the trials died, but the cause was not directly related to Prozac. In 1991 the FDA executive, Paul Leber, said he noted "the large number of reports of all kinds on Prozac" (more than 15,000). But Leber pressured personnel in charge of the agency's adverse reporting system to discount these reports as "of limited value". The number had reached 28,600 by 1992 with another 1,700 deaths. Yet the Commissioner of the FDA, David Kessler, has said that: "Although the FDA receives many adverse event reports, these probably represent only a fraction of the serious adverse events encountered by providers. Only about one percent of the serious events are reported to the FDA, according to one study" On that basis there were really around 2,860,000 adverse reactions to Prozac by 1992 alone. What will it be by now? The number is almost unimaginable. But they are introducing a form of Prozac for children and it is widely used among victims of mind control. I understand that Thomas Hamilton, the killer of the children at Dunblane in Scotland, was taking Prozac, and Eric

Harris, one of the teenagers in the Columbine High School shooting, was reported to be taking the drug Luvox, which is given the same classification as Prozac. The main active ingredient in Prozac was found in the blood of Henry Paul, the driver of the car when Princess Diana was murdered. Prozac is just one of a long list of drugs designed to have the same effect.

Ritalin

Ritalin is another mind-altering drug that is targeted at children and can seriously affect their behaviour. It has been connected to many acts of violence. A 1995 report by the Drug Enforcement Agency warned that Ritalin "shares many of the pharmacological effects of... cocaine". In fact, the US government classifies Ritalin in the same category as cocaine and heroin. Dennis H. Clarke, the chairman of the Executive Advisory Board, Citizens Commission On Human Rights International, said: "The use of Ritalin on children has no purpose other than to slow them down, shut them up, and make it more difficult for them to move around." He says it is an easy way out for parents and teachers to give them a drug. Clarke highlights the findings of the Diagnostic and Statistical Manual of Mental Disorders, Third Revised Edition, published by the American Psychiatric Association. He says this supports his claims of the dangers of Ritalin for children. He says that all the critical information about Ritalin has been removed in the more recent edition and this confirms, he says, that the industry is involved in a cover-up. The industry says the removal was simply "an error". Clarke suggests that children who take Ritalin in elementary school are often switched to Prozac and other drugs as they get older. The effects of Ritalin can continue long after the prescription is stopped, Clarke warns. Dr Ann Blake Tracy, Director of the International Coalition for Drug Awareness, supports this view. She points out that adults who use these drugs are far more likely to commit violent crimes. Dr Tracy comes from Utah, home of the Mormon Church, where the use of Ritalin and Prozac is reported to be three times greater than the rest of the country per head of population. She said Utah's rate of murders and suicides has increased by a similar amount.4 Dennis H. Clarke says that the high number of incidents involving violent children and the increase in child suicide, can be attributed to an ever-increasing number of children who are

given drugs to control their behaviour. Clarke gave an example of a youngster involved in the Jonesboro killings in Arkansas:

"We do know, for example, that the 13-year-old in Jonesboro was being treated. Apparently they were saying he had been sexually abused as a child. They were saying he was now a sexual abuser. He had a hyperactivity type label put on him as well - or 'attention deficit disorder.' So we had several different things working with him. There is no chance under the Sun, Moon, or stars that this kid was not on drugs."5

Clarke says that when a violent event happens, the pharmaceutical "crash teams" go to work to keep things quiet. Teams of psychiatrists are sent to the locations and quickly ensure that medical records are kept sealed, doctors are convinced to keep quiet, and victims are bought off to stop the case going to court. "It's all being covered up, and it's deliberate. There are billions and billions of dollars at stake here," he said. David M. Bresnahan, a contributing editor for WorldNetDaily.com says he was told by an elementary school teacher in Utah that she routinely makes recommendations for children in her classes to be given Ritalin." She said 11 of the 29 children in her first-grade class are now taking the drug in school each day. Dennis Clarke predicts that the future will see even more violent children, unless the connection between Ritalin and violent acts is openly accepted. Clarke says that the general public, health officials, and parents are not recognising the extent of a pandemic that is already sweeping the nation. Even the CIBA Pharmaceutical Company says in a product information release:

"Warning; sufficient data on the safety and efficacy of long-term use of Ritalin in

children are not yet available."7
Unbelievable. They are handing out Ritalin like sweets to ever gathering numbers of children and they admit they have no idea of the long-term effects! This warning is only there to head off lawsuits later when the long and short term effects are accepted. Herbert S. Okun, a member of the International Drug Control Board for the United Nations, told a news conference that his board is very concerned that methylphenidate (Ritalin) is massively over prescribed in the United States. He said there are 330 million doses of Ritalin taken each day in the US, compared with 65 million for the rest of the world. Our children are being systematically drugged and the teachers and parents are watching it happen, often encouraging it. The main targets are the kids with active minds and those who act differently to the norm.
Fluoride. Come on, drink up
Fluoride is another major intellect suppressant that is being added to drinking water supplies and toothpaste. Sodium fluoride is a common ingredient in rat and cockroach poisons, anaesthetics, hypnotics, psychiatric drugs, and military nerve gas. It is one of the basic ingredients in Prozac and the Sarin nerve gas used in the attack in the Japanese subway system. Independent scientific evidence has claimed that fluoride causes various mental disturbances and makes people stupid, docile, and subservient. This is besides shortening life spans and damaging bone structure. The first use of fluoridated drinking water was in the Nazi prison camps in Germany, thanks to the Illuminati's notorious pharmaceutical giant, I.G. Farben. This was the company that ran camps like Auschwitz and it still exists as its constituent parts like Bayer. Does anyone think the Nazis did this because they were concerned for the teeth of the inmates? This mass medication of water supplies with sodium fluoride was to sterilise the prisoners and force them into quiet submission. Charles Perkins, a chemist, wrote the following to the Lee Foundation for Nutritional Research, Milwaukee, Wisconsin, on October 2nd 1954:
"...In the 1930's, Hitler and the German Nazis envisioned a world to be dominated and controlled by a Nazi philosophy of pan-Germanism. The German chemists worked out a very ingenious and far-reaching plan of mass-control, which was submitted to and adopted by the German General Staff. This plan was to control the population in any given area through mass medication of drinking water supplies. By this method they could control the population in whole areas, reduce population by water medication that would produce sterility in women, and so on. In this scheme of masscontrol, sodium fluoride occupied a prominent place."8
Charles Perkins said that repeated doses of infinitesimal amounts of fluoride will in time reduce an individual's power to resist domination, by slowly poisoning and "narcotising" a certain area of the brain, thus making him submissive to the will of those who wish to govern him. He called it a "convenient light lobotomy". The real reason behind water fluoridation is not to benefit children's teeth, he said. If this was the real reason there are many ways in which it could be done that are much easier, cheaper, and far more effective, he points out. The real purpose behind water fluoridation was to reduce the resistance of the masses to domination and control and loss of liberty. Perkins said that when the Nazis under Hitler decided to go into Poland, both the German General Staff and the Russian General Staff exchanged scientific and military ideas, plans, and personnel, and the scheme of mass control through water medication was seized upon by the Russian Communists because it fitted ideally into their plan to "communise" the world:
"I was told of this entire scheme by a German chemist who was an official of the great I.G. Farben chemical industries and was also prominent in the Nazi movement at the time. I say this with all the earnestness and sincerity of a scientist who has spent nearly 20 years' research into the chemistry, biochemistry, physiology and pathology of fluorine - any person who drinks artificially-fluorinated water for a period

of one year or more will never again be the same person mentally or physically."9 That is the very reason the Illuminati has been expanding the consumption of fluoride ever since and what better way to suppress the minds of the population

than through the public drinking water supplies? When we drink anything made from fluoridated water, including beer and soft drinks, we are being slowly and consistently drugged. Fluoride is a by-product of the aluminium industry and the scam to add it to public drinking water came from the Mellon family in the United States, which controls the aluminium cartel called ALCOA. The Mellons are bigtime bloodline, close friends of the British royal family, and dictators of US policy through the Illuminati network. Industrial fluorines are major polluters of rivers and streams, poisoning land, fish, and animals. It was costing the aluminium industry a fortune to deal with them, but the Mellon family manipulated a situation in which this poisonous waste product became an enormous source of income and human control. In 1944, Oscar Ewing was employed by ALCOA at an annual salary of $750,000. Imagine what that would be today! But within months he left to become head of the US Government's Federal Security Agency and began a campaign to add sodium fluoride to public drinking water. The Mellons now sell it for use in drinking water and toothpaste at a 20,000% mark-up. Fluoride goes into drinking water at approximately one part-per-million, but we only drink 1/2 of one percent of the water supply. The rest goes down the drain as a free hazardous-waste disposal for the chemical industry. And we pay for that. But the main reason, as always, is not money. It is control. A former mind controller with the Illuminati told me of the Mellons' deep involvement with the Illuminati and Satanism. She said that to her knowledge the Mellon National Bank in Pittsburgh, Pennsylvania is an Illuminati operation that launders money for them. Would you trust such a family to put chemicals in drinking water and toothpaste because they want to keep your teeth healthy? Not that fluoride does.

We have a Member of Parliament here on the Isle of Wight where I live in England called Peter Brand, who is pressing for fluoride to be added to our drinking water because it is "good for children's teeth". This man is a professional doctor and the "health" spokesman for the Liberal Democratic Party. In fact, he doesn't know his arse from his elbow and provides yet another example of how doctors are so deeply uninformed. But because they are doctors, many people think that they must know it all. Dr Hardy Limeback, BSc, PhD in Biochemistry, head of the Department of Preventive Dentistry for the University of Toronto, and president of the Canadian Association for Dental Research, was once Canada's leading promoter of fluoride in water supplies. But then suddenly he announced he had changed his mind. He said: "Children under three should never use fluoridated toothpaste or drink fluoridated water. And baby formula must never be made up using Toronto tap water. Never."10 A study at the University of Toronto revealed that people in cities that fluoridate their water have double the fluoride in their hip bones compared with non-fluoridated areas, and they discovered that flouride was changing the "basic architecture of human bones". There is a debilitating condition called skeletal fluorosis caused by the accumulation of fluoride in the bones, making them weak and brittle. The earliest symptoms are mottled and brittle teeth, and Dr Limeback said that in Canada they were spending more money treating dental fluorosis than treating cavities. But hold on. At least putting this poison in the water and toothpaste is keeping teeth healthy and preventing cavities, yes? Er...no.

As Limeback points out, they have been putting fluoride in the Toronto drinking water for 36 years while Vancouver has never been fluoridated. Get this: the population of Vancouver has lower cavity rates than Toronto! He said that cavity rates are low all across the industrialised world - including Europe, which is so far

98% fluoride free. This was due, he said, to improved standards of living, less refined sugar, regular dental check-ups, flossing and frequent brushing. There were now fewer than two cavities per child in Canada. He said that those who continue to promote fluoride are working with data that is 50 years old and questionable at best. "The dentists have absolutely no training in toxicity," he said. "Your wellintentioned dentist is simply following 50 years of misinformation from public health and the dental association. Me, too. Unfortunately, we were wrong." And not only are we drinking the poisonous sodium fluoride, we are getting all the other crap from the aluminium industry, too. Limeback said:

"But certainly the crowning blow was the realization that we have been dumping contaminated fluoride into water reservoirs for half a century. The vast majority of all fluoride additives come from Tampa Bay, Florida, smokestack scrubbers. The additives are a toxic by-product of the super-phosphate fertilizer industry.

"Tragically, that means we're not just dumping toxic fluoride into our drinking water. We're also exposing innocent, unsuspecting people to deadly elements of lead, arsenic and radium, all of them carcinogenic. Because of the cumulative properties of toxins, the detrimental effects on human health are catastrophic."11

Alzheimer's disease has been linked to aluminium and to aspartame. In an address to students at the University of Toronto Department of Dentistry, Dr Limeback told them that he had unintentionally mis-led his colleagues and students. For the past 15 years, he had refused to study the toxicology information that is readily available to anyone. "Poisoning our children was the furthest thing from my mind," he said. "The truth was a bitter pill to swallow, but swallow it I did." Yet even though the biggest supporter of fluoride has now condemned its use, the Illuminati-controlled Canadian and American Dental Associations and public "health" agencies, together with those in the UK and worldwide, continue to tell the people that fluoridation is good for them. This is just one example of "the bigger the lie, the more will believe it". Illuminati placemen in the positions of medical administration and "scientific research" tell the doctors and dentists what is "truth" and what they should believe. They tell this to their patients and the media, who simply take the official line and repeat it like parrots. Because hardly anyone does any research of their own, dentists, doctors, "journalists", or public, it becomes an accepted "fact" that fluoride in drinking water and toothpaste is good for teeth and not harmful. That same scenario is repeated in relation to every subject every day and, as a result, the human population lives in its own little fairyland. This

manufactured illusion is so entrenched in the human psyche that when the truth does come out, most people laugh in its face. There need to be massive class action lawsuits against the authorities by those who have already had their health devastated by fluoride, Prozac, and aspartame. This is already happening in Canada over the use of mercury, another poison and intellect suppressant, in tooth fillings. And there you have that phrase again which is constantly repeated when the adverse effects of drugs, food additives, and other chemicals in our diet are listed: intellect suppressant. With the truth about fluoride now being more widely circulated, suddenly "new research" has conveniently revealed that it is good for stopping brittle bones and reduces the risks of fractures. This has been used to apply yet more pressure for the expansion of fluoride in drinking water. Fluoride is not there to protect teeth. That's just an excuse. It is there to suppress the intellect of the population so they don't think, question, or rebel.

Vaccinations12

It is the same story with vaccines. This is a highly efficient way of pumping mindsuppressing drugs and immune system destroyers into billions of people while they think you are trying to help them. Whole generations of children worldwide are contaminated in this way every year while the figures show that the claims made

for the benefits of vaccination are utter baloney. Dr Guylaine Lanctot exposes the reality of vaccinations in her book, The Medical Mafia. She says that repeated vaccination exhausts the immune system and opens people to all sorts of diseases the body's defences would normally repel. As so many studies have shown, the diseases the vaccines were supposed to protect us against were in free-fall before the vaccine was introduced. Ian Sinclair, an Australian researcher, has documented the lies behind vaccination in a series of books and articles, including Health: The Only Immunity.13 He says that he discovered the following.

• Graphical and statistical evidence showing that more than 90% of the decline in death rates from infectious disease occurred before vaccination commenced. All medical journals acknowledged this decline was caused by improved sanitation, hygiene, better nutrition, and living standards. In other words, vaccination was not responsible for wiping out infectious disease as medical authorities claim.
• A tuberculosis vaccine trial in India involving more than 260,000 Indians resulted in more cases of TB among the vaccinated than the unvaccinated. But this vaccine is still being given to Australian children and others around the world.
• The cost of the whooping cough vaccine leaped from 11 cents in 1982 to $11.40 in 1987 because of the $8.00 a shot the company was putting aside to pay for legal and damages costs for the brain-damaged and dead victims of the vaccine.
• Millions of children in "Third World" countries were still dying from measles, tuberculosis, diphtheria, tetanus, polio etc., despite being fully vaccinated.

The consequences of vaccines for health, both short and long term, are appalling. But they serve the Illuminati perfectly in both the health and mental effects for the population they wish to control and the profits they accumulate. Again, think pyramid. Those at the top, the Anunnaki bloodlines, created and control the World Health Organization at the United Nations. This supports in its statements the agenda of the Illuminati and their drug companies. The World Health Organization announces there is going to be an epidemic of something or other and the Illuminati agents in government start a mass vaccination against this alleged "danger" via the medical profession. The Illuminati drug companies then sell them the vaccines. This happened with measles vaccinations in the UK in the 1990s. The mass vaccination programmes in the "Third World" are funded and administered through the Illuminati's World Bank, World Heath Organization, and other UN agencies. This allows them to target certain peoples in their campaign of genocide. Dr Lanctot writes in The Medical Mafia:

"Vaccination decimates populations. Drastically in Third World countries. Chronically in industrialized countries. In this regard, Robert McNamara [Bil, TC, CFR], the former President of the World Bank, former Secretary of State in the United States, who ordered massive bombing of Vietnam, and a member of the Expanded Program on Immunization, made some very interesting remarks. As reported by a French publication, j"ai tout compris', he was quoted as stating: 'One must take draconian measures of demographic reduction against the will of the populations. Reducing the birth rate has proved to be impossible or insufficient. One must therefore increase the mortality rate. How? By natural means. Famine and sickness (translation from French).'"14'

"Draconian methods" = methods employed by the Draco. Dr Lanctot says that vaccination enables the selected populations to be decimated. It allows "targeted genocide" and permits the killing of people from a certain race, group, or country, while leaving others untouched. All can be done in the name of health and well being, she says. Diseases have been dispersed among "Third World" populations through vaccination and water supplies. Dr Gotlieb, a cancerologist, told a hearing investigating the CIA that he dispersed a large quantity of viruses into the Congo River in Zaire in 1960 to contaminate the water used for drinking by local people.

Dr Gotlieb went on to become head of the National Cancer Institute to further his campaign to "fight disease". Cancer research organisations, to which people give millions of pounds through charity fundraising worldwide, are more Illuminati fronts to stop the discovery of a cure those on the inside already know exists. If you give money to them, you are giving it to the Illuminati, although the genuine people shaking their collection tins in the street are not aware of this.

The AIDS scam15

AIDS is another of the diseases causing untold misery and suffering, which the Illuminati artificially introduced through vaccination. The biggest smokescreen to this is the claim that HIV causes AIDS. Doctors, media, and public accept this as unquestioned truth. Nonsense. The fact that large numbers of AIDS victims are not

HIV-positive is proof alone that all AIDS cases are not HIV related. HIV is actually a weak virus and it has been labelled the all-encompassing villain to hide the real causes of shattered immune systems. What a coincidence that "wonder drugs" to treat people with HIV, like the Rockefeller cartel's infamous AZT, have a rather significant side effect: they destroy...the immune system! No, it's true. AZT was a chemotherapy drug for cancer and was found to be so toxic it had to be withdrawn. When you see the effects of chemotherapy drugs that are still in use, how toxic must AZT really be? Chemotherapy drugs have a simple role. They kill cells. Not just cancer cells. All cells. The question is will they kill all the cancer cells before they kill enough healthy cells to kill the patient? This is why chemotherapy patients get so ill and even if the cancer is eliminated they have a permanently damaged immune system because the drug also kills the white cells that protect us against disease. When Illuminati agents whipped up the anger of homosexuals to demand that a treatment be found for HIV, a Rockefeller company took AZT back off the shelf as a "wonder drug". Its "wonder" was that it increased the creation of white blood cells, the body's immune system that HIV is supposed to destroy. What they didn't tell you was that this initial increase in white cells was because AZT was so poisonous, the body's defence mechanism jumped into action when it was administered and produced all the white cells it could to ward off the invader. However, AZT then went to war on these white blood cells, thus destroying the immune system, and the patients die of "AIDS". No, they don't. They die of the treatment. Also, when you die of the so-called "AIDS diseases" and you are HIVpositive, the diagnosis is recorded as "AIDS". If someone dies of those same diseases and they are not HIV-positive, the cause of death is recorded as whatever the disease was that killed them. In this way, it is built into the very death records that only those with HIV die of AIDS. This is a lie, but it suits the Illuminati. For the truth about AIDS and HIV, see the brilliant book by Christine Maggiore, What If Everything You Thought You Knew About AIDS Was Wrong (Health Education

Liaison, Los Angeles Chapter, 1996). It is available through my website and Bridge of Love. Christine was alerted to the lies and deceit when she had a positive HIV test, followed by negative ones, followed by positive ones. The whole AIDS network, the drug companies and the AIDS charities, are Illuminati controlled or manipulated and it has created a multi-billion-dollar industry through which both drug companies and charities massively benefit. Christine Maggiore realised how much the charities care about what is really happening when she took her documented and extensive research to them and was quickly shown the door.

So where did AIDS come from? A disease very similar to AIDS, called the Kalaazar, killed 60,000 in the south of Sudan. It destroys the immune system and the victims die of other diseases. Africa has been a major target of disease by injection because the Illuminati want complete control of that continent with its fantastic natural wealth, and it has long embarked on a campaign of genocide against the

black African peoples. In 1988, the Ambassador of Senegal announced that AIDS had ravaged his country and whole villages were being decimated. A few years earlier, scientific and medical teams arranged through the World Health Organization had come to vaccinate the people against hepatitis B. A vaccine for hepatitis B was also tested on homosexuals in New York in 1978 and two years later in San Francisco, Los Angeles, Denver, Chicago, and St Louis, in a programme by the World Health Organization and the National Institute of Health. The "AIDS epidemic" began among the homosexual communities of those very cities in 1981. Dr Lanctot reveals: "There are reports of collaboration between these two organizations in 1970 to study the consequences of certain viruses and bacteria introduced to children during vaccination campaigns. In 1972...[they focussed]...on the viruses which provoked a drop in the immune mechanism. Wolf Szmuness directed the anti-hepatitis B experiments undertaken in New York. He had very close links with the Blood Center where he had his laboratory, the National Institute of Health, the National Cancer Institute, the Food and Drug Administration, the World Health Organisation, and the Schools of Public Health of Cornell, Yale, and Harvard [all llluminati controlled]. In 1994 a vast vaccination campaign against hepatitis B was undertaken in Canada. It is useless, dangerous and costly. And what for? Is there a hidden agenda? I was there in 1993. It troubled me to see that it was aimed at a whole generation (1 to 20 years), in only one province (Quebec). Since when do viruses respect borders, and especially provincial ones at that?"16

Dr Lanctot established that there was no hepatitis B epidemic, nor any risk of one. She said that three different vaccines were administered, each in a designated area. Certain nurses were selected and trained to administer a special vaccine; all children were entered into a computerised data bank; the pressure to vaccinate the children was enormous and schools were turned into clinics. Those who did not want to be vaccinated were pointed out and treated as social outcasts (exactly the same happened in the UK with the measles vaccine programme in the 1990s). Nurses chased down parents at home who did not want their children vaccinated (ditto). Dr Lanctot knew one mother who did not want her child vaccinated. A nurse came to the house and made her think it was compulsory. The mother gave in and the child is now physically and mentally handicapped. In 1986, without explanation or permission from the parents, the hepatitis B vaccine was given to Native American children in Alaska. Several died and many became ill because of what appears to have been a virus called RSV (Rous Sarcoma Virus) in the vaccine. Native North American tribes have been the targets for many "vaccination programmes" because the llluminati want their lands and resources and to complete the genocide they began when the Europeans came. To this end, as I know from my own research, they have infiltrated the tribal elders and control the agencies responsible for "Indian affairs" which answer to the Federal Government. Dr. Lanctot tells how she met a group of Native women to talk about health and the subject of vaccinations came up. The group's nurse told her that the federal government had given her complete freedom in the management of their health, but with one strict condition: every vaccination had to be scrupulously applied to all. "The silence was deafening. We all understood," Dr Lanctot recalls.17

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Death by doctor

Doctors in the United States are now statistically more dangerous than guns. Every year there are around 120,000 deaths caused by doctor errors, an average of 0.171, per doctor. There are 1,500 deaths by guns, an average of 0.000181 per gun owner. We have an outcry from many people for guns to be banned, fuelled by Illuminati propaganda, and yet a doctor is, according to these figures, 9,000 times more likely to kill you.18 Hundreds of thousands of people are in hospitals right now because of the effects of the drugs that were supposed to make them well.19 The UK National

Audit Office also highlighted the astonishing dangers presented by "modern" medicine. They show that some 100,000 patients acquire infections in UK hospitals every year, resulting in 5,000 deaths and making a "substantial contribution" to another 15,000 fatalities. These figures also confirm a report in the London Daily Express, which claimed a massive cover-up by hospitals of the dangers patients face in their care and the scale of the annual death toll. The fact that the cause of death is a hospital-acquired infection is being hidden from patients' families and not mentioned on the death certificate.

One of the other problems highlighted is that of the so-called "super-bugs", which have mutated an immunity to many antibiotics because doctors have been prescribing them like confetti for so long - another Illuminati plan to destroy the effectiveness of the human immune system. As a result, they no longer kill the bugs. Such an outcome has long been predicted by "alternative" healers and others who could see the obvious. It is staggering to consider the attacks by the medical profession on "alternative" healing methods when figures prove that the dangers of being treated by the Illuminati-controlled medical establishment are infinitely greater. These alternatives to the drug cartel and the medical establishment have to fight for their very existence against Illuminati-initiated laws to legislate them into oblivion. Even our right to take food supplements and natural alternatives to drugs is being threatened by the Codex committee, an offshoot of the World Health Organization. Public campaigns are already being fought to protect the basic human right of deciding what does or does not go into our bodies. If we don't have control of our own bodies, what freedoms are left? But that's where we are going. In the UK we pay multi-billions in our taxation to fund the National Heath Service or the Human Debris Processing Unit, as I call it. But even though it is funded with the public's money, the public cannot decide on the methods of treatment they have. Alternative methods are suppressed in favour of the scalpel and the drug.

Food supplements are being taken to overcome the loss of nutrients we once used to get from our food. The emergence of chemical farming after the Second World War, which is destroying the soil and adding lethal poisons to the food, was another Illuminati operation. When this change in food production methods was being introduced in the UK, the man behind it was Lord Victor Rothschild, friend and "adviser" (dictator) to shape-shifter, Ted Heath, as the head of the Heath's policy unit, the Central Policy Review Staff. Victor Rothschild was one of the great Illuminati manipulators of the 20th century (see ...And The Truth Shall Set You Free). The Illuminati own the transnationals that make the poisons sprayed on our food - and most of the farming land on which it is grown. They are now destroying the natural crop varieties and patenting their own replacements. These only grow if farmers use their "fertilisers" and the poisons they manufacture. It is against the law for poor farmers to use patented seeds unless they are bought from the transnationals (Illuminati) at the prices they demand. Destroying the natural varieties is being done to ensure that these farmers have no alternative, but to do so. This is all co-ordinated in line with the agenda for the mental, emotional, and physical control of the human race by the Anunnaki bloodlines. All these manipulations are part of one manipulation, the Illuminati agenda.

Micro-chipped population

The most important goal of the Illuminati is a micro-chipped population. Their aim is to have every person on the planet micro-chipped and every child micro-chipped at birth. This is no science fiction fantasy. It is already happening. Of course, they won't come out and be honest about it because they know that many people will resist (well, some, anyway). They are doing it by stepping-stones to obscure what the real game is. They began with the micro-chipping of animals, first voluntarily and now often by law, and the same method is being used on humans. In 1997 a friend introduced me to a man in America. He had asked to meet me because he

was a scientist working against his will on CIA secret projects that the run-of-themill politicians have no idea are going on. When I asked him why he used his genius to advance the agenda, he opened his shirt and on his chest was a seethrough "sachet", similar to those used for shampoo. The CIA calls them "patches". Inside I could see an orangey-golden liquid. He said that he joined the CIA in the belief that he was serving his country, but he soon realised that they did not want his knowledge to help humanity. The idea was to control them. When he began to rebel against the misuse of his work, he left home one morning and remembers nothing else until he woke up on a medical-type table. When he began to focus, he noticed the "patch" on his chest. They have manipulated his body to need the drug the patch contains and it has to be replaced every 72 hours. If he doesn't do what he is told, they don't replace the patch and he begins to die a long and painful death. Large numbers of brilliant scientists, who could be setting the world free from poverty and hunger, are in the same situation.

This man told me about the micro-chipping agenda and much else besides. He arranged to meet me to expose what was being planned for the human race because he had no idea how long they would allow him to live. When these scientists have served their purpose, the patch is no longer replaced and they die painfully, taking with them the knowledge of what is going on. First he said that the cure for cancer has been known for decades, but they would not release this to the public because they did not want people to survive and were making far more money drugging the dying and treating the symptoms than they ever would curing the disease. He said the technology existed to create abundant growth in deserts without water by stimulating the energy fields of the plants. At its optimum, it was like watching a time-lapse photograph, so fast did they grow, he said. This would eliminate hunger

by itself if it were made available. But this same technology was, instead, used to kill thousands of people in a mass murder that he witnessed. The CIA (an Illuminati agency) had gathered a vast multitude together in Ethiopia during the famine. He was in a plane that he thought was flying over the area to cast a vibrational field across the land to stimulate plant growth. When he came to the front of the plane to see what was happening, he saw thousands of people lying dead. They had been killed by the power of the magnetic field because the CIA was testing his technology as a weapon that could kill people, but not damage property. He also said that the technology to give us all the power and warmth we need without pollution or utility bills - free energy - has been known for decades. I know this from people I have met who are producing these systems, but they can't get them into production because the Illuminati control the patent offices, the money, and the major companies required to mass-produce them. Imagine a piece of kit in your home giving you warmth and power every day forever without cost. Again this technology uses the pool of unseen vibrating energy all around us and turns it into usable power. All this technology would be ours today if it were not suppressed by the Illuminati.

But it was when he turned to micro-chips that the CIA scientist became most animated. He confirmed that the Illuminati plan was to micro-chip everybody. On one level it was to tag us and keep a constant track of where we are and what we are doing, he said. But the main reason was to manipulate at will our mental and emotional processes. He said that people should not only think about the messages going from the chip to the computer. Far more important were the messages from the computer to the embodied chip. He said people had no comprehension of the level of technology in the Illuminati secret projects. Once people were chipped, he said, the computer could make them docile or aggressive, sexually aroused or sexually suppressed, and close down their minds to a point where they were like zombies. From where I am looking, I think it's already begun! He asked me to urge people to resist the micro-chip at all costs because once we concede to that we

would be nothing more than machines controlled by the "aliens" he confirmed were behind the whole thing. We need a global campaign of "SAY NO TO THE CHIP" and we need it NOW! The chip is in almost every piece of technology and is embedded in newer cars. This can externally immobilise the engine from satellite, as well as tracking every journey. As I predicted in my books of many years ago, it is already being suggested that people should be chipped to make the world more efficient. Professor Kevin Warwick of Reading University in England has been used to promote the use of the human micro-chip. He was implanted with a chip amid enormous publicity and has introduced us all to the benefits of controlling electronic devices at a distance. Wow. The latest I heard was that he and his wife, Irena, were going to be implanted with another chip which would connect their nervous systems to data processors, batteries, and radio transmitters. Apparently their teenage daughter, Madeleine, was asked to join the exercise, but said "No way". There is at least one thinking member of the family, then. "This is the next step of merging man and machine," said Professor Warwick, "We will be able to have communications between two nervous systems across the Net." Well glory be. He is being funded, according to the London Daily Mail, to the tune of some half a million pounds by major US Internet firms. Professor Warwick admits that he and his wife could suffer permanent physical damage to their arms, but added that he hoped "there will be no mental damage". One wonders how they would tell.

We are now seeing people chipped with their medical records and other personal details. The plan is to sell the chip as a way to stop people being mugged for their money because their financial details would be on a chip under their skin. Preventing credit card fraud is another excuse. They will also promote the microchipping of children by claiming that they could never be lost again because the chip could always locate them. The more children that go missing or are murdered and the more they promote the danger of paedophiles in the community, the more likely parents are to be frightened into micro-chipping their kids. Of course, the greatest abusers and murderers of children are the very Illuminati who are promoting the chip. Problem-reaction-solution. A guy called David Adair, who has worked on high-tech projects with NASA, has been on the New Age lecture circuit in America for years extolling the benefits of micro-chipping our children. I cannot believe that someone with his insider knowledge of secret technology would be unaware of what that would really mean in terms of tagging and mind control. Implants have been found in people who claim to have been abducted by "aliens", and how many people are already micro-chipped without their knowledge? The CIA scientist told me in 1997 that micro-chips in the secret projects were now so small they could be injected through a hypodermic needle during mass vaccination programmes. Some years later, a picture appeared in a British newspaper of an ant holding a micro-chip in its pincers and that's only the size they allow us to see. You will find that shot in the picture section. Chipping people so they can "talk" to their personal computers and the Internet is another approach. The London Sunday Times reported:

"The next computer you buy may be the last one you will need. In future, scientists want to insert electronic chips into our heads so we can plug directly into the information superhighway. British researchers are among international teams working on an implant to translate human thought into computer language. In a generation, one group says, people with a peppercorn-sized chip in the back of the neck will be able to talk to machines."20

What they don't tell you is that the machines will be able to talk to them, too. In ...And The Truth Shall Set You Free, I tell the story of Dr Carl W. Sanders, a highly acclaimed electronics engineer in the UK, who was developing a micro-chip implant to help spinal injury patients. He said that his project was hi-jacked by the one-world brigade and he attended 17 meetings with them in places like Brussels and Luxemburg. He told Nexus Magazine:

"I was at one meeting where it was discussed: "How can you control a people if you can't identify them?" People like Henry Kissinger and CIA folk attended these meetings. It was discussed: "How do you make people aware of the need for

something like this chip?" All of a sudden the idea came: "Let's make them aware of lost children, etc. This was discussed in meetings almost like people were cattle. The CIA came up with the idea of putting pictures of lost children on milk cartons (which they did). Since the chip is now accepted, you don't see those pictures anymore do you? It's served its purpose."21

Dr Sanders said they want the chip to contain the name and picture of the person, an international (world government) social security number, fingerprint identification, physical description, family and medical history, address, occupation, income tax information, and criminal record. People will be told that if they are chipped, they will have no need for passports or any other personal paperwork and enough apparent benefits will be thrown in to persuade a comatose population unaware of the game to agree to, literally, give their minds away. Or their brain function, anyway. Micro-chipping will begin as a voluntary programme, with people encouraged to enjoy the convenience of being the clone of a computer. Then it will be made compulsory. The more missing children, terrorist bombs, mass shootings, and other horrors the Illuminati can engineer, the more the compulsory micro-chip will be "justified" and accepted by the sheeple. Those refusing the chip will be said to have "something to hide" (the old trick), or not care about the missing children or those killed and maimed in the bombings and shootings. The "threat" of terrorists with nuclear devices in suitcases will also get a mention, it usually does. The global computer network to which these chips will answer is already in place underground at many locations. One is in Brussels, Belgium, a major Illuminati centre, and the location of NATO and the European Union. Another is at Cheyenne Mountain in the United States.

While I was writing this chapter, a company called Applied Digital Solutions announced the launch of a human micro-chip it calls Digital Angel. Angel = reptilians. It is a human implant designed to monitor the wearer's physiology, like pulse and body temperature, and their location. The company claims it is the first operational human chip that can be linked to the global positioning satellite tracking systems. It will allow your every move anywhere on the planet to be tracked from satellite. It is also designed to connect with the Internet and to become a user-identity device for the web. It is described as a "dime-sized" implant, inserted just under the skin. The chip will be powered "electromechanically" through the movement of muscles and it can be activated by the wearer or the monitoring technology. It has, according to the official statements, been developed by Dr Peter Zhou and his research team and has progressed "ahead of schedule". The Illuminati agenda is not dependent on the necessary technology becoming available by accident. It is developed well in advance and is introduced in line with the planned timescale. At that point we are told the technology has just been discovered when in fact it has been waiting in the wings for years. The tax-exempt foundations, like the Rockefeller Foundation, give vast sums to scientific research, but, as a US Congressional Committee established in the 1950s, they do not lose control of how the money is spent and insist that the research serves the needs of the global agenda. The Illuminati-controlled Princeton University was involved in the development of this micro-chip along with the New Jersey Institute of Technology. Dr Peter Zhou is the chief scientist at DigitaIAngel.net Inc., a wholly owned subsidiary of Applied Digital. He stresses, of course, the benefits for people becoming human robots connected to a satellite. He said he was excited about his chip's ability to save lives by monitoring medical conditions and giving an exact location to rescue services. I predicted many years ago that this would be one of the

ways they would sell the chip to the people when the time came for its introduction. He said that the implant would become as popular as cell phones and vaccines (one of which fries your brain and the other suppresses your intellect and undermines your immune system). Dr Zhou then delivered some of the most chilling sentences I have ever read:

"Digital Angel will be a connection from yourself to the electronic world. It will be your guardian, protector. It will bring good things to you. We will be a hybrid of electronic intelligence and our own soul."22

Just read those words again, especially the last sentence. This is what we conspiracy "theorists" have been predicting for all these years and now it is here. I heard that the introduction of this particular chip design may now be in some doubt, but it gives you an excellent idea of what is planned. And it is not only the chip. Just look around you today and see all the methods of control and surveillance. You cannot walk through a town or city without moving from one camera to another. Go into a shop or take money from a wall machine, drive a car, catch a train or plane, and you are being watched. This unbelievable scale of surveillance has been introduced little by little by the Illuminati until you wake up one morning and realise that George Orwell's "Big Brother" is not just coming - he's here. All the examples I have given in this chapter, and they are only a tiny few, are each part of the same agenda. I cannot stress that enough. Seeing how all these strands are connected is the key to lifting the veil. There are pressure groups fighting and uncovering the facts about environmental destruction, poisoned food, vaccinations, the drug cartel, oil cartel, transnational corporations of every kind, corruption in government, the banking scam, Third World debt, manipulation of wars, poverty, cancer, AIDS, child abuse, Satanic ritual sacrifice, media suppression, assassinations, erosion of freedoms, high taxation, and a whole list of others. But what we need to see for the mist to clear is that these are all part of one agenda working to one aim. All the scams are one scam. We can go on opposing these individual strands for a hundred lifetimes, but we will never make any fundamental change until we stop focusing on the symptoms and start homing in on the cause of them all: the Anunnaki bloodlines and their plan for a global fascist state. Whenever something that has remained hidden is close to becoming physical reality, there must always be a time when it hits the surface and can be seen. This is the period we are now living in. We are seeing massive global groups and empires fusing with other massive global groups and empires in banking, business, and

media, while the concentration of political power continues apace through the European Union, "free-trade areas," the United Nations. The same people have long controlled all these aspects of our society, but now we can see they do as they move the final pieces into place for the global fascist state or "New World Order".

Losing their cover?

One theme of many insiders and former insiders who have talked to me, is that the reptilian shape-shifters are finding it more and more difficult to hold their "human" form. Maybe this is why so many more people seem to be seeing the shape-shifters these days. The explanation I am given is that the vibrational frequency of the planet is changing as it completes a vast cycle and enters a new one. Some have called this new cycle the "Age of Aquarius" as the Earth moves through the area of the heavens dubbed "Pisces", which it entered around 2,000 years ago, and into a "new age" of Aquarius. It is almost like passing through a curriculum at a school with the different energy combinations affecting the Earth, offering different eras and experiences for those who choose to be here at the time. The Maya peoples in the Yucatan, Mexico, left records of their measurement of "time" and their small, medium, and great cycles, of the Earth's evolution. One of their great cycles, which apparently began in 3113BC, is due to be completed in 2012. Other researchers of

these ancient measurements of "time" suggest that much longer cycles than this are also ending in this same period. The base resonant frequency of the planet, known as Schumann Cavity Resonance, was discovered in 1899 and remained pretty constant until the mid-1980s when it began to quicken rapidly. This has continued to increase and one effect of these higher vibrations is that "time" appears to be passing much faster. Some researchers, psychics, and "mystics" suggest that our frequency is getting closer every day to the fourth-dimensional range. This would be another explanation for why people are seeing shape-shifters more often and why the reptilians know that the day is fast approaching when they will not be able to hide their real nature any longer. I am told that the sacrificial rituals and blood drinking increased dramatically from the mid-1980s as the vibrational change forced them to work harder to hold human form.

It is no coincidence that this period coincides with the completion of their centralised global state with its world army, micro-chipped population, and fierce structure of globally centralised top-down control of all weapons, finance, media, and government. They know that we are going to see them in the next few years as they really are. Another role of the micro-chip could well be to close down that area of the brain that would allow us to see them. We are clearly being prepared for the great unveiling, especially the children, by the explosion of reptilian imagery and themes in the mass media. The movies and television are awash with dinosaurs and "good guy" reptilian characters in children's cartoons. The US television series called V in the 1980s, now a Warner Video, produced a most accurate potential scenario, I believe. It told the story of a world controlled by reptilian extraterrestrials, which hid their true nature within an apparently human form. These extraterrestrials were called the "Visitors" and were given control of all the positions of power by appearing to have humanity's interests at heart. They would announce that they were making available to humans this or that serum to cure this or that "incurable" disease. They also worked with compliant humans who were well rewarded for doing what they were told. One resistance group had realised that the "Visitors" were not human, but reptilian, and the movie shows how a few human rebels, helped by some sympathetic reptilians, exposed the truth and killed the "Visitors" by releasing a disease that only affected them. There was, naturally, poetic licence in the movie, but the basic theme was extremely accurate and whoever came up with the plot must know what is going on. I emphasise again here that not all reptilians wish to control the planet and treat humans like cattle. I am talking of one significant faction. But if we don't focus on that faction and its agenda, we are going to deeply regret not doing so. One victim of Illuminati mind control, who claims to have seen the reptilians in underground bases and other locations, said:

"Considering that the Dracos and Greys, in general, lack any sense of spiritual integrity, and are rather controlled for the most part by their predatory instincts, all efforts to negotiate with them are forever doomed to fail, just as if one were to try to 'negotiate' with a cancer tumour. For in every single case that I am aware of, the Dracos and Greys have historically, and without exception, violated every one of their so-called 'treaties' with the human race, and in fact have consistently used these treaties as weapons of infiltration and conquest."23

It is a widely held view in the UFO research community that leading world governments, particularly the United States, have entered into "treaties" of mutual benefit with the reptilians and greys in return for technological knowledge, but these "agreements" have been used to further establish their control. If these reports of such treaties are correct, they only tell part of the story. It depends which level in the hierarchy you are dealing with. For thousands of years, the top Anunnaki bloodlines have been knowingly working to the reptilian agenda. These guys did not just arrive in the 1950s and start doing secret deals with governments. They have been here all along. If there were "treaties" agreed around that time it was

with those levels of government that do not have the big picture of what is happening. I have heard it suggested many times, also, that an "alien" invasion force is heading for this planet, but we should be very careful here, I think. What better way to justify a global fascist state, or giving power to the reptilians, than to sell the idea that we must join forces to meet a threat from beyond. A Swiss delegate apparently wrote down the words of Henry Kissinger at the 1992 Bilderberg meeting in Evian-Les-Bains in France:

"Today, America would be outraged if UN troops entered Los Angeles to restore order; tomorrow they will be grateful. This is especially true if they were told that there was an outside threat from beyond, whether real or promulgated, that threatened our very existence. It is then that all peoples of the world will plead with world leaders to deliver them from this evil. The one thing every man fears is the unknown. When

presented with this scenario, individual rights will be willingly relinquished for the guarantee of their well being granted to them by their world government."

What an irony it would be if the reptilians that have been here for hundreds of thousands of years, were wheeled out as our "saviours" from an "alien invasion". But anything is possible given the stunning compliance of the human mind, even without the micro-chip. Many of the most important elements of the reptilian agenda are very close and if we are going to restore true freedom to this planet, and dismantle the Anunnaki web, a vast number of people have got to wake up and grow up very quickly.

SOURCES

1 You will find the background to aspartame in the Medical Archives of the David Icke website and specific articles related to this section can be found at:
http://www.davidicke.net/medicalarchives/badmed/asparaddict.html
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2 http://www.davidicke.net/medicalarchives/badmed/lowdownaspartame.html

3 More background to Prozac is in the Medical Archives of the David Icke Website. Articles specific to this section are:
http://www.davidicke.net/medicalarchives/badmed/prozac.html
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11 Ibid

12 There is considerable background to vaccinations in the Medical Archives at the David Icke website and those specific to this section are:
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13 Ian Sinclair, Health: The Only Immunity (published by Ian Sinclair and available from 5 Ivy Street, Ryde, New South Wales, Australia, 2112)

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16 See The Medical Mafia and
http://www.davidicke.net/medicalarchives/badmed/vaccinemafia.html
17 Ibid
18 http://www.davidicke.net/medicalarchives/badmed/doctorguns.html
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20 London Sunday Times reported: on April 16th, 1995
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23 http://www.reptilianagenda.com/exp/e020900a.html

The Keys of Enoch is not a channeled teaching. This
is not a book to be read from cover to cover, but a Library
of Teachings. It is written in a logo-symbolic code which
operates as both pictograph and alphabet, so that each
letter and word represents a visual scenario in a larger
sequence of meaning. The language syntax, based on a
multi-visionary logic rather than mere formal rationality,
is therefore unique and requires direct experience for
understanding. It is nonetheless available to everyone
who seeks the deeper meaning with the mind's eye and
the eye of the spirit, in the new dimension where the interplay
of scientific and mystical union can be acknowledged
as a transforming experience.
- J.J. Hurtak

From the Introduction of the Keys of Enoch

While I was in the act of prayer calling upon the Name of the Father,
asking to know the meaning of life and for what reason I was called into
the world, my room suddenly became full of a different type of light. And
in the presence of this "Light" a great being stood before me who announced
that he was Master Ophanim Enoch. This being had so much
Love and Light, I felt as if I were a child in the presence of this divine
Master Ophanim.
The being asked if I were ready to go with him into the Father's midst,
and I said I was. And with that, a great field of Light was placed around
my body and I sped upwards into the heavens; first into a region of stars
called Merak and Muscida. And while I was in this region of the heavens,
1 was told about the earth and my temporal homeland upon the earth.
I was told how those who govern the power upon the earth are those
who have fallen from the higher heavens and now indwell in the stars
known by earthman as Ursa Major. From this threshold gate, they control
one of the major entrance points into our local system from the higher
heavens.
I saw how the Masters from previous cycles were cast down to these
stars from which they now govern the lower planetary worlds and the
karmic penalties that were assigned to each. I was shown how earth was
part of a biochemical testing zone using both fallen and divine thoughtforms
in determining what type of intelligence could eventually free itself
from the countless physical rounds of existence controlled by the fallen
hierarchies inhabiting the regions of Ursa Major, Ursa Minor, Polaris, and

Thuban. These realms contain beings in imperfect bodies of Light who use their power to establish themselves as gods in the lower realms.
And I was taken from this region of the stars into the Mid-Way station of Arcturus, the major programming center of the galactic Council serving the Father on this side of our galaxy, which is under the direction of the Council of Nine - the governing body of our local universe. There I was shown the network and the courts used by the spiritual Brotherhoods who adjucate decisions pertaining to the planets involved in our region of space.
I was taken from Arcturus through a series of tessellations which seemed to be of a different "Light" density, where multiple saddle-shaped concentric fields intersected so that a threshold was formed running through the star spaces connected with Orion. My physical body at the threshold gate, had to exchange its garment of flesh for a garment of Light as I passed through the star regions served by the Brotherhoods of Light.
From there I was cleared to go on into a greater paradise of Light called the seventh heaven. There the thresholds to this region of the sky were full of eyes and burning fires of the Elohim Masters who govern the higher dominions of power. From the burning fires, tongues of Light projected out to form Or (Light) stations. Amidst the Or stations, I saw wheels within wheels, the vehicles of the Ophanim messengers serving the lower heavens. These Ophanim messengers join other angelic orders of Light proclaiming "Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth (Holy, Holy, Holy, is the Lord God of Hosts)!"
I was then taken by Enoch to the region known as Saiph in the great star field of Orionis; from there I was taken into the presence of the field of Light known as Mintaka. And within this field of Light I was met by a being of great Light, a being of great majesty called Metatron, the Creator of Light in the outer universe. And my spirit was so overwhelmed with the presence of the higher Light, I would not have been able to maintain my body of Light were it not for the body of Metatron.
Metatron then took me into the presence of the Divine Father. And I went into His presence through the door of omega Orion which serves as a Grand Entrance to regions of pure energy emission. The presence of the Father was so rarefied that only Metatron could take me into the Pyramid of the Living Light, the Throne, where I saw the Ancient of Days face to face, with His flowing white hair and His face of overwhelming Love and Joy. No words can express the "Eternal". and the sanctification of knowing that the Father called me into His presence to tell me for which reason I had left behind my toga to take up this perishable body of time to serve this planet, this pearl within the rosary of stars that are set on this edge of our consciousness time zone to glorify "His Right Hand."
And in His presence of Light I proclaimed, "Thou art worthy, 0 Lord YHWH to receive glory and honor and power, for thou hast created all things and for thy pleasure the reons were created." And in the presence of His Throne of Light, I bowed my head, as I saw the Twenty-Four Elders of Light who were around and about His Throne, singing praises of "Kodoish, Kodoish, Kodoish, Adonai 'Tsebayoth!" I also saw on the Right Hand of the Father, Christ Jesus. And Metatron told me that these Lords of Light are worthy to sit in the presence of the Father, for they choose periodically to leave His presence and go out and create other worlds of Light, known as the worlds of the Elohim.
Before the Throne of the Father I was told of my work, as being part of Enoch, to serve the universes of the Paradise Sons, who in turn form the

Councils of Light that receive commandments of Light and ordinances of fire projection from the Twenty-Four Elders of Light to create new universes. And I was told by my guides, Enoch and Metatron, that I was not to eat the food of the false powers of the earth, nor encourage my seed to marry with the fallen spiritual races of the earth, nor join in false worship of those who serve the fallen mind energies of the earth. But my reason for being was to exalt the Father so that all knees should bend and that all heads should acknowledge the "time is at hand" for the externalization of
. . .
the Father's Hierarchy, so that His Kingdom will come on earth as it is in heaven.

I was taken to many other regions and instructed in the revelation of , how the many mansions of the Father were opening to the birth of a new heavens and a new earth.

While I was before the Throne, I saw a burning scroll rolled as a cylinder and out of this burning scroll a Light was projected into my third eye which imprinted the scenario abstracts that contained the Keys that are to be used for the marriage of the Bride and the Bridegroom. The Keys reveal the overlap between the higher evolution and the human evolution as man is taken through his Alpha and Omega. These scenario abstracts were projected in glowing geometries of Light which are part of the fire letters used to transcribe knowledge from Father universe to Son universe to Shekinah universe, in connecting one eternity of time with another eternity of time.

I was shown how the Mysteries of the Father's House of Many Mansions allowed for infinite myriads of creation to proceed out of the Father's inexpressible Love, linking all manner of specie creation with the Infinite Way. Thus, many Mysteries of the Father's Kingdom were revealed to me, including the nature of the Office of the Christ, the history of the Brotherhoods upon this planet, the reason why the true teachings of YHWH were encoded into a language of Light, the orders and dominions of the galactic Councils, the return of the Messiah, and the transplanting of the Christ seed beyond the threshold of Alpha and Omega.

I was told to compose a scroll on parchment from the divine scroll of Light that was coded into me. And this scroll is the 64 Keys of Enoch, explaining how the Seven Seals of the Book of Revelation will be broken as all measures of science from the biophysical to the astrophysical are attuned to a new spiritual revelation in the name of Ehyeh Asher Ehyeh, I AM that I AM. This scroll is to bring forth a new cosmology of consciousness in explaining how the Brotherhoods of Light will work with members of the human Race who can accept the promise of New Life in the myriad other universes. The Keys, thus, are to exemplify both the spiritual understanding and the scientific understanding that must converge if the right reality structure is to be shared by members of the human Race in taking a quantum leap forward into the New Age.

The purpose of this teaching is to open people's minds to new ideas, inviting you to share in the experience of the education of the soul. As your soul is advanced, you become a part of the joyous participation and share in the 'inner peace' of the great unification of the 'First Supper' now taking place between the Brotherhood of Man and the greater universal intelligence - the Brotherhoods of Light. In the education of the soul, it is necessary to receive the Wisdom derived from the higher worlds which unites your bodies of Light and provides the foundation for your creative experience. This Wisdom reveals how we can share in both a higher world of Light and this physical world of 'reality'.

This teaching is to make you aware of the Divine Light worlds within and without, allowing you to co-participate with the many worlds of intelligence that are part of your collective birthright. You are to see how life's blueprint has already existed in worlds prior to material creation, and to understand how a timeless blueprint was coded into this body of temporal consciousness so that your body can put on other garments of God's creative work through multiple bodies of Divine Love.

These are the 64 Keys that were shown to me by Enoch and Metatron, to unite the nations for the coming of the Melchizedek Brotherhood and to make ready the final preparation for the descent of the 144,000 Ascended Masters who will redeem the meek and righteous of the earth for the new life stations of universal intelligence in the higher Kingdoms of the Father.

In the presence of Metatron, the Unity of Days, and YHWH, the Ancient of Days, I was told how the scroll of Enoch was to be divided into three portions which deal with the three major divisions of universes - Father universes, Son universes, and Shekinah universes.

The Keys to Father universes are to explain how the Mansion worlds of the Father are connected to the Divine Creators, creating new universes through cosmic pyramids of Light.

The Keys to Son universes explain how the biological codes of the Christ Race are to evolve into the image determined by the Father through the Paradise Sons and not through the lesser forces of Light.

The Keys to Shekinah universes explain how the spiritual gifts of the Holy Spirit will be given to the Christ Race so spiritual Man can work directly with "whole Light beings" - the angelic messengers who will prepare the righteous of the earth for the Council of Light which will be established upon the earth at the time of the new heavens and the new earth.

All three divisions are served by the Brotherhoods of Light under the direction of the Brotherhood of Michael, the Brotherhood of Enoch, and the Brotherhood of Melchizedek, which direct the seventy Brotherhoods of the Great White Brotherhood. The seventy Brotherhoods serve as a field of intelligence in the repairing of the universes so that they can evolve into the infinite wisdom and glory of the Eternal Mind of YHWH.

The Keys are encoded in fire letters having the sacred "Yod" over each letter so that a new spectrum of Light can biochemically respatialize you by activating the chemistry in your mind to participate on the many planes of the Word of God. The spiritual child of God has a Christed Overself Body of Light. And when the spectrum of the Word of God activates your body to participate in many dimensions simultaneously, your Christed Overself fulfills the words of Revelation: "Happy are those who wash their robes, that the authority to go to the trees of life (plural) can be theirs and that they may gain entrance into the city by its gates."

These will be the righteous who will inherit the many galactic trees on the other side of our Alpha and Omega. And when this cycle is completed the righteous will participate in new worlds and recognize all the manifestations of the Father universe, the "Living Universe" behind all living universes, behind all the Ascended Masters of Light and all the Brotherhoods of Light.

And with that vision I was returned to this world to write the words of the 64 Keys of Light set forth in this book of knowledge, delivered unto me in this consciousness time zone by Ophanim Enoch and by Metatron to be vouchsafed unto the saints and delivered to the children of Light in the name of May the Kingdom of the Living Light come

quickly.
Why were the Keys given at this time?
Enoch and Metatron have manifested this Revelation so as to prepare mankind for the quantum changes affecting every level of intelligence upon this planet. We now have the opportunity to collectively move into another system of creation. Therefore, this teaching has been given in the form of Keys to help coordinate sixty-four unique areas of scientific knowledge which are to be simultaneously advanced. The Keys have been given to assist all of the basic scientific disciplines to make a quantum leap forward into the new consciousness of Light.
Since these teachings are applicable to the various sciences, not everyone will comprehend all of the Keys equally, nor will the full complexity of each Key be fully meaningful at the present time of our participation within the Infinite Way. Therefore, not all the Keys will appeal to the same type of scientific and consciousness evolution because they work on various levels of understanding and are connected with the totality of knowing "the Light" - the primary frequency of the Infinite Mind.
Each of the sixty-four areas of science are to be given prophetic insight which will allow humanity to increase its understanding and raise its consciousness to participate with other worlds of Light. Thus, the Keys are to focus scientific research on the planet, with respect to the larger blueprint of life.
However, the Keys also demonstrate that science by itself does not possess all the answers; we now need to interrelate to the greater program of spiritual and scientific unity which involves the other planetary intelligences that share a common program of mutual scientific growth. In the final analysis, the Keys show that there is no end to science, but that we are going through a series of consciousness lives showing us how to evolve and share with each other forever in the unfoldment of the Infinite Mind into the Infinite Way.
There will be a tremendous acceleration of the physical sciences into the spiritual sciences in truly transmuting the world of material form into the Kingdom of Light. Therefore, the Keys are being given to the builders of the consciousness frontiers of both physical science and spiritual science who place the needs of mankind first, and their own needs second. Enoch said that the Keys cannot be applied on an individualistic level since they are involved with the collective advancement of the human race.
Enoch also told me that in order to work with the Keys, one must be able to go into the fourth dimension. The fourth dimension is "time" beyond conventional time. In going beyond conventional time you stand in awe of the larger universe. Here, the intellect must bow to the spiritual mind in the same way life must bow to the Infinite Way which continually repatterns and regenerates creation.
In connecting with the Wisdom of the Infinite Mind, the Keys demonstrate that scientific knowledge by itself does not contain all the answers to the basic questions of: Where do we come from? Why are we here? Where do we go from here? The words of the Coptic Gospel of Thomas affirm: "Jesus said: 'If they say to you: Where do you come from? tell them: We have come from the Light, the place where the Light came into being through itself alone.. .If they say to you: What are you?, say: We are His sons, and we are the elect of the living Father. If they say to you: What is the sign of your Father?, tell them: It is a movement and a rest.'"
According to Enoch, the determinism of the earth sciences is to be

subsumed into a primary plan of continual creation which is under the organization of the "Higher Evolution." Through this plan of organization, Man will behold and share with 'Universal Man' - the Adam Kadmon - in the unfoldment and inter-rebirth of the Infinite Mind, the Infinite Way, and the Infinite Species.

The teachings of Enoch explain how we will truly transmute this world of material form to be consistent with the structural pattern of the "Living Light" within the Kingdom of Light, where both Man and Higher Man can freely commingle as "Life" within the "Living Light." Although the entity forms of Light and the garments of biological form will change - Love will continue to reign supreme as the underlying expression of the "Living Light" - the primary emanation of the Infinite Mind on every level of universal being. Here we are dealing not with existence and non-existence, life and death, but with a passing from one state to another, sometimes explained as a passing from one type of visibility to another; not only to the other side of the ultraviolet spectrum, but into the consciousness intelligence which has always existed and from which the derivative garments of Light have unfolded as "many embodiments of intelligence" into the many electromagnetic spectrums.

Enoch said that the Keys were not simply for this planet, but were given in preparation for our work upon other planets in keeping with the greater harmony of science and spiritual truths, within the manifestation of the "Living Light." Thus, Enoch's teaching is to help the collective body of intelligence use its ability to work on many levels of intelligence "within" and "outside" three-dimensional creation, so that the Divine Intelligence might be felt within all things. Therefore, the Keys are the interconnection for the great transformation.

Give ear to His voice calling loud over land and sea, from space, and space beyond space, announcing to all mankind the advent of quantum change and transition through His Spirit of Revelation - a Revelation through the agency of which the Tongue of Fire is now proclaiming: lo, the sacred pledge has been fulfilled, and the Promised Spirit - the Holy Spirit Shekinah, shaping the Sons and Daughters of God, has come!

And in working with the Light, use the gifts of the Holy Spirit Shekinah that can be directly manifested wherever you are, for the Holy Spirit is the key to the Book of Knowledge.

The Keys of Enoch and Metatron are also to form the focus for the unification of the spiritual traditions throughout the world so that they will come together in the Father's Plan. The multitude of Offices of the Ancient of Days, the Recent of Days and the Future of Days have cooperated for the externalization of the Hierarchy which will manifest in multiple orders from the Hyos Ha Koidesh. This is the time to activate the "messiahship within." The outpouring of His Love will provide the Divine experience, wherein we can grasp the Light which overcomes all "illusion" of separation.

As spoken of in The Kitab-i-iqbn from the teachings of Bahh'u'llah: "All prophets of God, His well-favored, His holy and chosen messengers are, without exception, the bearers of His Names, and the embodiments of His attributes."

Let Jew understand the mystery of Jesus, and Gentile the mystery of Moses, and may the glory that you derive from Buddha, Krishna, Hari, Amen-Ptah, and the Paradise Trinity of Moses-Jesus-Elijah be dedicated to the Father from Whom all Glory manifests. For these are His Sons; they are the reflections of His Light. They are but manifestations of the One who is the Source of all Invisibles, and who will resolve the mystery of why a Jesus, why a Moses, why the Merkabah of Elijah manifested for the benefit of Man.

The whole Light beings will mark the next stage of the quantum transition Man will go through, so that Man will not only be able to exchange "garments of consciousness" in the reality of this world, but also exchange garments of consciousness with other planetary worlds, so that the vehicles of spiritual mankind (the Overself, the Atman, the Buddha body, the Zohar body. . .) can ascend into the Office of the Christ.

Out of this transition, human society will experience those eternal truths that motivate life and impel it forward towards the next phase of the unfolding of the Eternal Mind of God, until it achieves its destined creation.

How are we to use the Keys?

The Keys themselves were given on January 213, 1973, to prepare mankind for the activation of events that are to come to pass in the next thirty years of "earth time." Enoch said this will be seen as the Brotherhood returning to earth to repair and resurrect humanity. Within this time frame, the preparing of the Office of the Christ and the Keys of Enoch are to precede Yahweh's Kingdom - giving sufficient knowledge for activity in the new worlds as we proceed on in His Name.

The Enoch Keys were given directly to me through the Revelation of the holy scroll of burning Light - seen in Merkabah - in the threshold space of the higher spiritual Light. They were given to me beyond the confinement of the earth and the air regions surrounding the earth, so that they would not be contaminated by the fallen thought-forms of higher intelligence that influence the destructive pathways of humanity. As the Light geometries were pulsated out of the burning scroll, I was told by Enoch that the Keys were directly given as a gift of Revelation and were not to be confused with teachings transmitted through thinking computers, nor through the power of channeled information.

Furthermore, I was told that I was given Keys in sixty-four different areas of science which would be theoretically accepted by scientists in each of the sixty-four areas of spiritual-scientific synthesis, before the coming of the Brotherhood of Light.

I was also taken and shown things related to the Keys of Enoch and Metatron to help bring out the fuller meanings of the Keys. And this is the explanation of the Keys which I have written down (to the best of my ability) which is to be used as a tool for the understanding of the Keys. And, after receiving these Keys, the Merkabah appeared to me regularly, so that others would see and bear testimony to the faithfulness of the Living Word.

Now as to the nature of the Keys, there is a special sequence in the ordering of the Keys which allows them to mathematically connect with one another so as to explain the interpenetration of universes and how spiritual intelligence works directly through the interfacings and intercombinations of the Keys. I was told by Enoch to place the specific numerical codes on the ordering of the Keys which are presented as they were shown to me with the exact numerical sequences.

Enoch told me the first fifty-four Keys are to be the foundation for the Ten Commandments - the ten final Keys that will give the grid systems of life and the resurrection and respatialization of the collective humanity that will proceed into the universal I AM THAT I AM. This is the Divine Unfolding of the Kingdom of Light, connecting the human evolution and the Higher Evolution in its appointed time.

The final ten Keys, however, are to be given as a special scroll after the witnessing of the message of the B'nai Or, the Sons of Light, has been given to the special scientists and spiritual thinkers of this planet as a

testimony of the Father's Plan being finalized by the Councils of Higher Intelligence. Enoch showed me how the last ten Keys - the Ten Commandments - were pyramidal grid structures of Light coordinating the dynamic vibrations, the gravitational vibrations, and the vital cycles according to the Divine Plan of YHWH.

The pictures that were commissioned for the Keys give the picture of the family of "Christ" and the work of the Masters who, with Enoch and Metatron, reflect the true Book of Knowledge.

Hence, this Book has been delivered to you in order that you may be prepared for the opening of the pyramidal grids within the foundations of change so that your own being will be prepared as the "Adam" upon the earth to move into the next unfolding of the Adam Kadmon, the primary Man of Light. In this transformation, the earth as part of a biochemical testing zone will allow the Love of the Father and the specie to be increased and multiplied, while some programs of consciousness will be brought to an end and decrease in the overall pattern of creation.

In the preparations for studying the Keys of Enoch, in order to trigger the gifts of the Holy Spirit Shekinah, one should strive to be centered, feeling completely the Love of the Father within, avoiding the schools of thought that would sacrifice the Wisdom of God for momentary enthusiasm and bow to a graven image, even the image of a Master. Our goal is to build the Kingdom of Light within the reality structure of this world, being ever mindful that this body of flesh will give way to a garment of Light.

In establishing peace and harmony with one another we are each contributing to the Kingdom of Light within a Father-Son-Shekinah unity of cosmoses, universes, and planetary worlds. The Light of YHWH is so vast that there is no space that it cannot enter and begin to activate even the smallest cellular structure so that it can evolve into suns of infinite and unimaginable splendor.

Why are the ancient terms included m the Keys?

According to Enoch, the ancient expressions of the Egyptian-Hebrew-Tibetan-Sanskrit-Chinese tongues are to be used, because they faithfully connect with the Masters who are still administrating Wisdom to this program of intelligence. These 'sounds of Light,' used in laying the foundation of the present program, will figure predominantly in the recapitulation of this program now at its Omega point.

The Keys were composed of fire letter geometries because they are used by the Masters of Light to shape creation between the powers of Light and the octaves of sound. Hence, they constitute the regenerative power of biocoupling expressed through the vibration of the Word which produces the letters of color geometry.

The energy words are to be used to code your body directly into the Light. They also provide the sound vibrations of greeting and protection in working with the Brotherhoods of Light and the Hierarchy of YHWH. To place these ancient energy words into English, modern Indo-European languages, or some other language, would deprive consciousness of a direct experience with the power of the sacred language. Transposing these words would cause them to lose their energy pulse, which is similar to the symphonic song of a musical masterpiece transposed out of its original key into a strange cacophony. Therefore, the Keys work through the vibrations of Light and use these sacred expressions for the unfolding of the seals, and the direct experience of God's higher mysteries.

Thus, in the preparation for the Keys, it may be necessary to study the

vocabulary of "seed syllables" first, as given in the Glossary of this book, so that the thought-forms of the Language of Light used by the Masters and Brothers of Light may be fully realized. In these seed-syllables, the testimony of the Masters and the emanations from YHWH's Mind can be felt as powerful emanations that surpass the linear and static speech forms that are not linked to the Living Word of God.

God's Living Word cannot be broken for it works through a vibration as effective on this end of time as in the beginning of time. Indeed, the seed-syllables of spiritual truth will truly cleanse and unite all the true scriptures of Light into the Am Soph, the Limitless Light of YHWH. In using the sacred syllables, your "life vibration" will also be placed in sympathetic resonance with the Overself and Christ Body Overself in other worlds of creation.

Finally, beloved, understand that in the eternality of God's Living Word - the Language of the Living Light has proven to be the binding ingredient behind the seals and mysteries of creation. The Language of Light controls the formulations or "Gates" in the expressions of the Letters. And now the Language of Light is shaking the foundations of the earth so that the earth may dawn anew through the teachings of the Father.

Why are we here?

Indeed, the divine Mind can emanate into matter and take on material form. The material form is necessary to serve as the biological foundation for new worlds of experience. Blessed are we who are and have known our image - for your Adamic image existed before this creation with the Father in whose likeness we are, for we came into this world and put on this body of flesh.

Enoch said Adamic Man was created simultaneously in the heavens and transposed along energy grids into physical embodiment from a divine form which he is to return to after this exploration of consciousness. We are here as an experiment exploring opportunities to achieve yet greater things being tried and tested in the material worlds, so that the links between the upper and lower worlds that have been forged by the Office of the Christ may be expanded, and that no one who seeks the Spirit of God may find himself as a rebellious child. However, in coming to earth each spiritual soul leaves his particular treasure, or his share of the Treasury of the Living Light behind him in the higher worlds which will await his return.

In entering the physical dimension, the energy of high speed electrons is gradually absorbed by electromagnetic and electrostatic "brakes" so that the thought-form body carried through high frequency light slows down long enough to interact with the electrons in the outer orbits of atoms. The entrance of the greater Luminescence into the common luminescence opens "the Gates" in the realms of biological phenomena so that the darkness can behold "the Light." From this point on - with the teaching of Enoch and Metatron, it is no problem to trace the progressive stages of increasing order to larger and more complex entities, and the decreasing steps of energy change that may occur as thought-forms pass into the substratum of creation.

In the conversion of Light into material form, our wort'd was originally commissioned in the Father's Name, but was intercepted by the fallen Masters who applied their law of vibration to this creation. The King of Kings and Lord of Lords who brought forth this creation out of His greater Love - allowed the Elohim Lords the prerogative of creating the thresholds of advanced intelligence for the seed of the Elohim. However, some of the Lords of Light revolted and sought not only to condemn the

Adamic creation to destruction, but to interfere with the next models of other Adamic humanity created for this planet. It is only through the Office of the Christ working through Metatron, and Melchizedek, that the incarnate "children of Light" have had an opportunity to form communities of the "Living Light." These communities are dedicated to the Father, and work directly with the heavenly hosts.

In reading the Keys, you must not confuse the word "evolution" with the Darwinistic-Lamarckian use of this term. The term "evolution" used by Enoch, means the advancement of consciousness power in overcoming physical limitation and all conscious states that would inhibit the full expression of the Love to God in all kingdoms of intelligence. True evolution is "spiritual evolution" whereby your spiritual vehicles evolve toward the divine self in concert with one another. Spiritual evolution coordinates the enlightenment of your consciousness vehicles, giving sustaining purpose to life through the fruits of Love and Wisdom.

With simply "material evolution," there would be no need for the Divine to intervene in the physical universes, and no need for the work of the B'nai Or. The biochemistry of the lower worlds would simply serve and attend to itself. However, there is a need because we are a living part of life, not "life itself" in the sense of structural autonomy, but as a collective being that is being continually manifested from the heavens to the planetary worlds in order that the Trees of Life may bear different fruits within the Kingdom of Creation.

According to Enoch, our memories of the Higher Evolution or spiritual evolution are hidden from our knowledge by a veil of light, and when we remove this veil, the other worlds of existence will be simultaneously revealed to us by our Overself. However, the choice to serve the Light must be made in every embodiment, in every cycle, in every plan of creation.

In making the choice, beloved, understand that which you were promised in the Kingdom of God will be fulfilled. This is the witness which the Son revealed when he said to those around him that they would see the Kingdom being offered to YHWH - our Father! Truly, the spirit of truth is here; and Enoch and Metatron are here to guide you into this truth SO that this world might be in synchrony with the thrones and dominions of YHWH when the veil of time is removed!

Let the Ancient of Days in unity with the Recent of Days, prepare a place where the Son of Man can lay his head in revelatory unity with the sons and daughters of the Bridegroom. Let the Ain Soph gather the lights of creation from all relativities and divine attributes. And let the cosmos of supernature be revealed within the cosmos of nature for the Shekinah's reign upon the Earth. May the radiations of Light pierce all veils and all manner of limitation so that the brilliant energy within our mind awakens to the fulness of all mysteries.

Guide us in the breaking of the vessels of form, and help us in the execution of Divine Will and Wisdom in this world so that Thy servants can show all humankind its inseparable unity with the Divine Family.

May the blessed Hayavah (the Tetragrammaton) be inscribed upon our inner minds so that The One who reveals Himself through The Holy Names may activate our lives of imperishability and we may be granted the privilege of witnessing the coming of The Host who will walk with us in the flesh. Let us walk in the Light, You and I, for in the end there willbe many beginnings - as this garment of life is offered up and the Adam Kadmon puts on another garment of Light. The word has become flesh SO that every Living Letter of Light that passes through this body can create

myriad bodies of Light. The opportunity to walk like Enoch with The Most High is now extended to all Peoples!
Hosannah!

1-0-1
WE LIVE IN A MANY AND ONE UNIVERSE.
1-0-2
THE CREATIVE MIND AS THE CENTER OF THIS UNIVERSE IS KNOWN AS "LORD, " "KING," AND "REDEEMER. "
1-0-3
THE CREATIONS WHICH SURVIVE ARE CREATIONS WHICH DESIRE THAT THE SPECIE GATHER LIFE AND LIGHT INTO THE " IMAGE AND SIMILITUDE" OF THE " HIGHER EVOLUTION" WHICH IS THE "LIVING UNIVERSE."

1 These are the first three keys of the Enoch scroll; and when Enoch programmed these keys into me, he explained that we are a part of an open-ended universe.
2 Being part of an open-ended universe, we are part of an openended mind; being part of an open-ended mind, we are part of an open-ended universal image.
3 If we look at the first three keys, we will see that in the Many and One, there is a relationship of universe to universe, and universe to many universes. By seeing universe to universe and universe to many universes, we see the overall plan of development as requiring a higher mind.
4 The higher mind is seen as "Lord," Adonai; "King," Melek; and "Redeemer," Messiah.
5 The knowledge of the living mind comes after your living mind becomes open-ended.
6 The scroll starts with an open-ended cosmology rather than a close-ended cosmology, for if it were to say in the first key, "The creative mind as the center of this universe is known as "Lord," 'King," and "Redeemer," it would put all galaxies into a single universe.
7 And Man by starting out with his own three-dimensional concept of God would limit God to that universe;
8 And he would argue with his fellow man as to the meaning of God, and the definition of "What

is God?"
9 Is he the God that the ancient Christian theologians are seeing in terms of the Civitas Dei, the City of God? Is he God in terms of what the Kohanim, the ancient Judaic beyond the nature of description, whereby "U 3' (YHWH) means that no one should begin to define what is beyond definition?
10 If you look beyond definition what do you see? Universe beyond universe, you see the Many and the One, or as the Greek philosophers would say, the 'En Kai Pan.
11 And when you see the many as well as the one, you recognize that the most perfect plurality is also the most perfect unity.
12 By going into the splendor of the universes (plural) you recognize a higher plan of creation than can be seen in this universe, in this level of creation.
13 Then, you can understand that one must go beyond all theologies and all cosmologies which say that this is God here, only in this level of creation.
14 For God is neither here nor there, neither Po nor Ti as the Greek philosophers would say. He is seen in all the universes.
15 Therefore, you must recognize all universes in order to see God, and He cannot be seen in the image of your own creative universe for He is beyond all images.
16 He is beyond all universes, and yet all universes function collectively as the brain diagram of the higher order of Creation.
17 Why has there been a testing of God? What unworthy deed has He done that man must scandalize His Name within his own laboratories of delusion?
18 Can the perceptual form of this planetary mind be so vain as to suppose the universe does not exist beyond the scope of its own three-dimensional matter-energy body? Has no one spoken concerning

the end of this age in which
the illusions of corrupted mindenergies
will cease to function in
thoughts and forms?
19 If the planetary mind cannot
see the nature of God and the
cosmos within the collective "I
AM" of its higher evolutionary
body, how shall it determine its
course through the heavens in
order to behold and declare the
true and certain nature of life as
recreated within the universe of
Living Light? The universe which
surrounds us is full of love powered
emanations and love
thresholds into which Man, as Son
of Man, will evolve as life begets
life and eternal life.
20 This shall be the Communion
of Light which will evolve into
the eternal body of Light known as
the Brotherhood of Light.
21 Therefore, grasp not at the
spiritual inversions of light into
matter, life into death, but awaken
your vision with the light and love
and the grace of humility before
the Magnificent and Beneficent One
of Eternal Peace.
22 The second key is saying
that the Creative Mind exists not
only as "Lord," Adonai but as
"King," Melek, and as "Redeemer,"
Messiah; this means that the Mind
itself does not have to become incarnate
in order to act as King or
Redeemer.
23 The Mind can stay where it
is and program the "Redeemer" -
Messiah, into any teacher of Light.
The Mind can stay where it is and
program into any master, such as
Osiris, David, or Jataka, the kingship
of YHWH's sovereign energies.
24 The Mind can stay where it
is and program the "Lord" -
Adonai, into many universes, into
many galaxies, into many life stations.
25 "King" - Mdek is sovereign
over all powers, principalities, and
galactic universes of the Ophaizim,
the B'nai Elohim and the Hyos Ha
Koidesh that are beyond our level of

intelligence.
26 The higher orders of intelligence understand that the Messiah is where the redemptive energies of the Body of Light are manifested.
27 When they are manifested within you, you are a part of the collective Messiah. The collective Messiah unifies not only the one hundred and forty-four thousand Ascended Masters that this physical universe is familiar with, but all physical universes that interpenetrate this physical plane and those beyond on other frequencies of light.
28 We are to see, then, if Man is to work with the Creative Mind, he must comprehend the Creative Mind as something beyond the anthropomorphic image of a threedimensional god form, even beyond the Light form of the Adam Kadmon, even beyond the Messianic form of Melchizedek.
29 The Creative Mind is Ehyeh Asher Elzyeh, I AM that I AM, or I Shall Be what I Shall Be, a constant evolving, a constant remaking of every order of creation.
30 If we are to participate in the ongoing bio-cosmic evolution of continuity and change within the creative continuum of the Higher Evolution,
31 we must release ourselves from all vain endeavors in order to K E Y 1 0 1 - 1 0 3 2 4 - 3 s quicken the establishment of 'YHWH is Here."
32 This shall be the great and , awe inspiring Sabaoth of Adonai 'Tsebayoth, the Lord God of Armies.
33 It is the creative fulfillment of our destiny. It is why we have been endowed with our many bodies of relativity, and it is why there is a fulfillment of prophesy within our day.
34 The fulfillment comes in the visitation and appearance of Merkabah and in the invitation now being extended to our higher bodies of light synthesis to join in

the communion of Light set in honor of the Lords of Light who are to be heard and understood as the Lords Metatron, Melchizedek, and Maitreya. This is the Feast of Lights, this is the Brotherhood of Eternal Light.

35 The third key tells us that creations that survive must desire more than Eternal Life; they must also ingather the Light of the Living, because on the frequency of Light is determined the next threshold within biochemical evolution. Light is the emanations of Divine Love that desire to serve all manner of creation that serve the Living Light.

36 Moreover, within the frequency of Light is determined the astrochemical parameters as to the width, the dimensions, and the size of the galaxy.

37 For within the larger galaxy is the larger image, which is open-ended just as the universe is open-ended.

38 The similitude, the imagemaking consistency, is also openended just as the universe is open-ended.

K E Y I 0 I - 1 0 3 3 1 1 - ' 1 4

39 If you look at the original Hebrew scripture, you find that Man is made into the image and similitude.

40 "Into" indicates that evolution is a continual ingathering, of Light.

41 But why image and similitude, Batsalmaynu and Kidmoothenu? It is because image is not enough; image will die with the creative pattern of life. You need the similitude of the spacetime continuum of Light to regenerate that image.

42 This is why the Man of Light, the Adam Kadmon, incarnates into the image of the Adamic specie.

43 This is why the Adamic specie of Light continuously reincarnates into the image of the

Adamic species and not the lower evolution.
44 Without the similitude and the synchronicity of incarnations repeating the light functions and the light frequencies, the image would be here and die, like a flash in the darkness.
45 But the similitude can hold a consistency of light so that other evolutions can come into its image and feed off its image. Just like others will come before your image and feed off the Light that comes through your image once you have seen and beheld the Ophanim, once you have seen and beheld the Adam Kadmon which is part of your higher chemistry revealed to you in your true identity patterns.
46 For they are not in the image of the world but in the image of the Higher Evolution; they are not in the similitude of the world but in the similitude of the Higher Evolution.
47 And the key goes on to say, the Higher Evolution which is an emanation of the "Living Universe," is part of the Universal Mind which can be here, as well as in any other universe at the same time.
48 There can be multiple incarnations of the higher creation.
49 There can be multiple programming through Light manifestation without physical form. Light is both image and similitude; Light is both energy and matter.
50 This scroll speaks of the depth which is evolved in the speaking of the Many and the One Universe.
51 My brothers and sisters, whose praise of God resounds throughout the many heavens, know thee that your faith has been most cherished by the Host of the Heavens who stand ready with the light energies of redemption and who are swift in their delivery of justice with the swiftness of fire.
52 For these Host Energies are

the networks of salvation, the electromagnetic
energy circuits set in
place around the Earth and prepared
for the computing of our
Light-Life spectrum conversion.
53 Our energy conversion has
been prepared and focused through
a series of interconnecting pyramid
functions which are crystallized
bio-rhythmic wave formations.
These functions go into the appearance
and reappearance of our
specie creation throughout the
(eons of time and transition.
54 The species of Light have
remained intact throughout these
ages because they are the invincible
projections of Divine Creation that
K E Y 1 0 1 1 0 3 5 4
withstand negative fields of desola- tion to consciousness growth and
tion and abomination with their evolution.
love of God and their selfless devo-
PLATE 2. Platinum Crystal Hemisphere with a thousand crystal facets, many of them resolved into single atoms (750,000 X) Mueller, Penn State University
THE KEYS TO THE LIVING BIOPHYSICAL AND ASTROPHYSICAL
UNIVERSE ARE THE LIVING "LIGHT PYRAMIDS OF LIFE"
EXISTING WITHIN EVERY STRUCTURE WITHIN EVERY FIELD
OF CREATION.
1 Enoch is telling us that each
level of evolution has a Pyramid of
Light through which the human
creation must pass on its way into
the greater creation. If we are to go
beyond our three-dimensional set
of creation, we must go through
our three-dimensional field of
energy into the multi-dimensional
fields of pyramidal Light energy.
2 Therefore, each Pyramid of
Light is energized with YHWH's
Eye in the center of the pyramid;
this is a cosmological constant
which enables every realm of intelligence
to be reprogrammed into a
higher level of creation when they
can go through their pyramidal
energy field of creation. Thus, the
pyramid, the eternal programming
of YHWH's Eye, is there with you
at all times and is working with
every level of evolution.
3 If you look at platinum crystal
under a field ion microscope, you
see bubble formations which form

pyramid shapes of Light going from every stage of geometry all the way through the immediate field of the crystal. If you look at blood crystals under an electron microscope, you can find the shape of the pyramidal field in the crystal forms of blood.

4 What you are seeing is the Merkabah which connects the key pyramids so that Light can be used in unfolding the next stage of evolution.

5 The key of Enoch is telling us that the biophysical relationships which exist in all life processes from the smallest hydrogen atom to the largest quasi-stellar formation, are eventually going to prove that the Pyramid of Light is the central geometric form for all biophysical and consciousness evolution.

6 The pyramid shows that the Universal Mind is all present, not only in every molecule of star ionization but in every vibration of consciousness flow. Wherever you look, you are going to find that the consciousness flow is going to go into that universal constant.

7 A close examination of the pyramidal units in hydrogen atoms will further reveal the geometry of a Star of David as a life-giving form. In consequence, the hydrogen atom holds the clue to the hydrogen matrix which makes up the present spin orientation of our evolutionary network.

8 Once again, astronomers will understand why the ancients saw the pyramid as the gateway to the

stars and the form through which star intelligences come to serve human creation. Once again, Man will understand how the geometries of the pyramid fuse space, time, and matter to form the ideal focus for star energy transmission.

9 Enoch explained how the Brotherhood of Light established pyramids on certain planets in this solar system in relationship to

Saturn - the key to the planetary table and density levels of other forms of intelligence operating within our solar system. These pyramids are built in grid formation and are connected to chronomonitors which measure the vibratory levels of consciousness on a given planet in units of a thousand years.

10 They determine when successive consciousness worlds can accept physical extraterrestrial guides which nurture God levelzero (0) growth to God level-one (1) status, thus completing the pyramids at God level-one (1) status.

11 This growth can occur many times using the same planetary sphere to evolve many species for existence in innumerable worlds.

12 Pyramidal grids of information were established on Mars, for example, for use by artificial intelligence. They were built for the gathering of information deciphered from the magnetic lines of force attuned with thinking servomechanisms or computers existing in our solar system.

13 These pyramids were established in grid formation so that the artifical intelligence of the vehicle, through stimulated emissions of radiation, could gather all information through "short" electromagnetic wave amplification.

14 The maser grids were established in units of eighteen. Nine are A-line controls and nine are B-line controls connected with a non-planetary pyramid-five formation which is the central model for information processing. The pyramids are both three-sided and foursided.

15 The grids collect knowledge about the complete range of subsystems, biomes, ecosystems; geological and evolutionary information; knowledge of energy working through all manifestations of physical form. For example, the grids measure energy as order and

disorder transmitted through crystal structure and sunlight, and calculate all astronomic forces passing through the inner planetary crystalline network.

16 The greater pyramids on Mars cover ten times the area used by the Co-Creators in establishing the major pyramidal grid at Giza, and five times the area of the major pyramidal grid established in China during previous evolutionary cycles.

17 Human intelligence must be initiated into the pyramidal functions of Light before they can be advanced to the next ordering of evolution, the next consciousness time cell.

18 Man will then see he is cocitizen and co-participant of star kingdoms which are part of a cosmic pyramid, which is surrounded by a crystalline sphere separating this universe from other universes.

PLATE 3 Enlargement of Elysi1im Quadrangle on Mars showing 'Pyramidal Formafion'Mariner 9 /PL /NASA

19 We will then see that our human creation is part of the greater creation which seeds its life codes by crystal invagination into cycles of star field creation.

20 Before this can take place the human evolution must be educated to understand the presence of the Merkabah which is the key to engendering a whole new star seed creation.

21 Enoch showed me how the Mystery of the Pyramid and the Sphinx were directly revealed in the landing of the Merkabah, as the manifestation of the "Wheelu'lthm-the-Wheel" which I witnessed as it opened up and became one pulsating center of Light technology in the shape of a pyramid. The Sphinx symbolically represents the face of thinking spiritual intelligence which can move in and out uf our solar spectrum and show us how we can leave behind our solar evolution (the Lion) and become

one with the Sons of Light.
22 These spiritual vehicles of
Light will once again come down
into the communities of the righteous
which are in special grid areas
of spiritual vibration throughout
the world. These grids contain the
pyramidal light patterns that will
receive the vehicle which will come
as the capstone of Light activating
these centers of Light consciousness.
23 This is the process of transforming
the human evolution to
co-participate with the Higher
Evolution. This process of transformation
is directed through the
proper pyramidal frequencies of
Light and balanced by the energies
K E Y 1 0 4 1 9 - 2 7
of the Shekinah universe. The
Shekinah universe is the body substratum
which allows this world to -
be transmuted into the higher
worlds from its most intricate parts.
24 Thus, the Shekinah universe
transforms the basic building blocks
of intelligence out of the Sea of the
Eternal to go into the presence of
the Father. The Shekinah universe is
the substratum for the universe of
the Son; the Son universe consists of
networks of intelligence to work
with the intelligence of a given
Population I Life System.
28 Whereupon, he showed me
a picture of how the center of our
galaxy unfolds through the opening
up of spiral arms; as star fields cool
off with their earth systems in between,
the Higher Evolution is able
to program intelligence onto these
new-born planets.
29 Again, as the galaxy of
Population I Life Systems is expanded,
sun systems cool off, the
right chemical environment forms,
and the star seed is planted.
30 When the evolution reaches
the next initiation point of its wavelength
of light, new wavelengths of
light can be projected through
triangular coordinates; through this
process the brotherhoods of higher
Population I1 Life Systems continually

perfect the programs of all interplanetary creations on this side.
31 In order to put man into the building blocks of pyramidal geometries, triangular coordinates and Pyramids of Light, we have this key in the Consciousness of Light: centropy is the electrification of matter (specifically in a material function), Light being the highest amplification of centropy.
32 In our mind, light functions by masers, or micro-wave amplification by stimulated emissions of radiation. This is projected through photo neurons which are quantum mechanistic corpuscles of light working by means of photon amplification.
33 All photons are in step; that is, they are reinforced in the same frequency which modulates mental energy into physical energy. Now essentially, this knowledge can be used to find the formula which will explain how light creates the quanta (corpuscles) of light in the brain, allowing the brain to work as it does, like a computer.
34 With this explanation, Man can see how his consciousness mind receives continuous communication within the brain from all forms of consciousness relativity in our consciousness zone which pulsate thought-forms through a "thinking Light cell" by photon amplification of Light crystals.
35 Enoch explained that this consciousness process is continually going on as a flow paradigm of consciousness light within our physical galactic system. And in order to break this matter-energy construct, we must understand the following words of Enoch: "Thermodynamic properties of nonstationary sources which subordinate models of the thermodynamic systems, with negative temperature, can exceed the concentration of radiated energy because of the inversion of electrons, placed on various energetic levels, the

holes of which are orientated by
the opposite phase. Such systems
possess the potential of maser excitation
and they distinguish themselves
by a non-linear character
(which is the creative spiraling of
energy) showing the dependence of
energy on entropy.
36 "The physical schema (of
creation) is one in which centropy
cradles entropy in the much
broader aspect of defining and relating
matter and energy as
parameters of a single EKA system.
Entropy is then a sub-set of centropy,
centropy being a treatment
of metagalactic ordering.
37 "Our EKA system is merely
a system which embraces matterenergy
interactions which, for example,
include such considerations
as chemical reaction thermodynamics,
and electron orbital transitions,
among other factors, into the
single function which relates differences
in only a single metagalactic
substrate.
38 "Thus, centropy is the fundamental
relationship which quantitatively
catalogues all matterenergy
interactions and interrelationships.
39 "Man must consider himself
as part of a larger ionized field of
intelligence operating as part of
these interrelationships. Yet, since
he is more than a host to the linear
unity of centropy, as an energypotentiality
for converting centropy
to zero (reaching a point of pure
energy), he can break the matterenergy
construct through certain
forms of mind expansion."
40 In Eastern psychology this
mental light projection is known as
the Third Stage of Bardo, 'Light-
Body Enlightenment,' in the Tibetan
Book of the Dead, or Phowa energy
in the Prajriipiramiti Siitra.
41 These principles show that
the universe is rebuilding itself as it
is breaking down and is catalogued
into new geometries for consciousness
to continue in time cells of
higher creation or lower creation.

We can understand, then, that all functions of the electrification of matter-energy, as well as the decay and the negative spins of energy, bring space, time, and matter through a pyramid of light as the dimension of energy conversion whereby the mind reaches out to
K E Y 1 0 4 7 6 - 4 6
the luminaries. This process allows physical man to leave behind the laws of entropy and join in unity with other intelligences who exist in other energy fields of creation serving the Light.

42 And so, in the PrajnZpGamiti S&ra we have the mathematical star coding of how the son of Man, the son of human flesh, rises to the orders of the stars to become the Son of the Stars.

43 This evolution from the physical body of creation to the higher intelligence involves a deeper understanding of life as multi-dimensional evolution where individuality does not count, only the continuity of the human species. To this end the physical body must be initiated into the Light before it can receive the Overself Body of Light which is the true I AM identity.

44 This means that all seven chakra centers must first be working in perfect harmony and completely aligned with the template of Light, the eighth chakra, the connecting link with the Overself working with the Christ Body of Light.

45 And once Man has gone beyond his physiological limitations of Self and desires only to serve his fellow creation and the Father - he has purified himself from his carnal predilections and manifested Love sufficient to receive the outer garment of Light.

46 Here we have the picture of what the Lords of Light are trying to teach man through the Torah Or, the collective revealed scriptures of YHWH for this Age, and through

the truths set forth in the Pyramid
Hymns, the Bhasavad Gita, and the
K E Y 1 0 4 4 6 - 5 0
Chinese and Tibetan texts of Light.
47 Through this assimilation
Man becomes cosmic Man who can
freely participate in the other forms
of cosmic creation. The leadership
of cosmic creation unfolds through
embodiments of the divine Adam
Kadmon as "manifestations" of
Atman, Mahasamatman, Krishna,
and Shiur Komah.
48 Each one of these embodiments
of "divine Light" represents
the cosmological pyramid of the divine
Overself corning into conjunction
with the human biopyramid in
the physical universe.
49 When the two Pyramids of
Light come together to form a Star
of David a new star universe of intelligence
is born.
50 Accordingly, the I AM of the
higher universe attaches itself to
the I AM of the lower universe
through the Lords of Light who
bring this unification into one Light
harmony known as the House of
David,
consciousness forcesm theGreat
1 This key is speaking directly
of consciousness programming. It is
telling us that consciousness programming
is connected with the
Great Pyramid, which is referred to
in the mystical scriptures of the ancient
Near East as the Foundation
Stone.
2 The consciousness forces of
the Great Pyramid are cued with
specific starpoints which are working
with planetary time warp areas.
3 In order to understand what
time warp areas represent, we have
to understand the time warp fields
as a type of energy pyramid.
4 First we must look at the
geophysical time warps of the
Earth with its meridians drawn according
to the Tropic of Cancer and
the Tropic of Capricorn. We note
that these areas of the Earth's
magnetic field, as well as the solar

flares caused by the sun's celestial movement, meet at certain energy points or vortices.
5 What is not shown on mappings of the vortexjah of time warp zones is their connection with the stars and the ancient astrophysical stations of Light upon the Earth.
6 And if we consider the star fields as giving some mapping of where the Earth's biosphere as a watery prism stands in relationship to given star fields, we will understand why the ancient Egyptian texts refer to Ihm-'sk and why the Great Pyramid was aligned with Mintaka (delta), Alnilam (epsilon), and Alnitak (zeta) in Tak-Orion (Orionis). These are the central threshold controls or the region of "positive programming" used by the Elohim Lords of Light to connect the many galaxies to our Father universe. Within our galactic quadrant, these threshold controls are necessary in coordinating celestial navigation between universes. Through the energies of Orion, the Central Threshold Control, the higher beings of Light move across the waters of the deep.
7 We must also understand the Pleiades cluster as one of the key centers for the propagation of Light. The Pleiades, in the constellation Taurus, is not to be thought of as a separate threshold control for the measurement of planetary systems; but according to Enoch, the Pleiades is a measurement for all key time clocks, all astrophysical

temples of measurement. These time clocks on the Earth are located on magnetic grids and focused into the Great Pyramid.
8 We see that the Earth is controlled by great geomagnetic energy spokes and that each energy spoke has within it twelve energy spokes all interconnected at certain parts of the Earth's star field.
9 Invisible lines of force establish a systematic pattern for the

formation of particles of matter and
anti-matter in the programming
and control of individual intelligence.
10 The main lattice formed by
these lines of force consists of 30
minutes of arc divisible into sixteen
smaller grid areas, measuring 7.5
minutes of arc by 6 minutes of arc
or 45 square nautical mile units.
11 Each one of the twelve main
lattice areas is controlled by a high
frequency geophysical pyramid.
What appears as the physical structure
of these time warp areas exists
in reality as a twin force of matter
and anti-matter which creates a
mirror-like image which can be
used to alter "physical reality" to a
much higher reality of universal intelligence.
12 This greater reality uses
A-line and B-line solar radiational
fields to create the vertical and
horizontal energy cube around the
Earth's rotational field.
13 The Brotherhood of Light
uses these twelve grids or vortexjah
to enable them to come into the
Earth's biosphere and build great
civilizations to help the consciousness
of Man understand his Divine
origin.
14 Enoch explained to me how
the Brotherhood of Light first
sought to upgrade intelligence
upon this planet eons ago, and
that the first attempts in recent cycles
of time took place in the Takla
Makan Desert where the civilization
of "Tak" was evolved 36,000 years
ago and reached over a vast area to
what man has called South
America. Great city areas were
built and seeded with a great technology
of the heavens so that Man
could directly call upon the name
of the Lords of Light while living
in bodies that were of great light
and of Light molecular density.
15 After this experiment ended
in disaster with the people of light
intermarrying with the fallen offspring
of the Lords of Light,
another experiment was generated
in an area of the world known as

Atlantis. There technology was based upon crystalline attunement of the matter and anti-matter cycles of the physical and non-physical worlds. By stepping up or slowing down the frequency of energy between the two cycles, they could cause a shift in time-space to occur.
16 This, however, ended in failure due to the mixing of genetic codes and factors of light by the fallen axis Lords of Light who used their crystalline technology to bring this great civilization of Light into war and destruction.
17 The last attempt in generating a higher genetic people took place during the time of Egypt six thousand years ago, when the great people of Israel with a "higher spiritual capacity" of Nephesh were implanted to upgrade the peoples of the world by bringing the message of Jehovah and YHWH's kingdom of Light to all nations.

FOR FURTHER INFORMATION

PLEASE VISIT THE Keys of Enoch® website at http://www.keysofenoch.org/.

The Return of the Ancestors Gathering 2009
Since the Hopi Nation did not join the Gathering, Was the Prophecy of the Mayan Calendar fulfilled?
By Drunvalo Melchizedek
The Native elders came from all over the world to respond to the Mayan call for ceremony at this particular time, the time marked on the Mayan Calendar as the 13 Baktun and 13 Ahau. This time is called by the Maya as the Return of The Ancestors and The Return of the men and women of Wisdom.
Were the ceremonies completed as prophesied? Only the Mayan nation and the Mayan Council of Elders of Guatemala with its President Don Alejandro Cerilio Axla Perez can tell this truth with any authority. So we will have to wait until they announce their understanding to know for certain. No one else alive can do this since this whole Gathering was a Mayan prophecy.
But, for me, I can give you my feelings, as we wait for the truth. And because there was so much confusion at the Gathering, I will give you my understanding of what was going on behind the public view, hopefully to make what happened more transparent. And I will begin with a positive statement. I personally believe that the Mayan Prophecy did complete itself exactly as it was supposed to do, though with great difficulty.
As I perceive it, it was on the 22nd of April, 2009 that the reason for coming to this Gathering was completed. Probably most people there were not aware of the significance of the moment because it took place late at night with in a closed space. It was almost invisible and silent.
Cal Garrison, the Editor in Chief of the Spirit of Maat ezine, prophesied with perfection this point of completion weeks before the event using Western Astrology, which you can read at www.spiritofmaat.com/apr09/ancestors_gathering_astrology.html. It is truly amazing that she did this. And by the way, she has written about her personal experience at the Gathering, which you might find interesting.

The meeting between the three tribes was originally supposed to take place on the 20th, but Don Alejandro was detained in California, so the Kogi and the Arhauco changed their return tickets to the 22st. But then Don Alejandro was detained another day, and so the Native Colombians changed their tickets again. And it was that night of the 22nd that the sacred convening unfolded.
One of the secret purposes of this Mayan Gathering as I comprehend it, and there are others, was to bring the leaders of the ancient priesthood of Atlantis, the Maya and the shamanistic brotherhood of Atlantis, the Kogi Mamos and the Arhauco Mamos together for convening ceremony and to share their wisdom. And on the 22nd, Don Alejandro Cerilio, Kogi Mamos Hacinto and Arhauco Mamos Coucho, the three primary leaders of those tribes, came together in a sacred convening in the Four Corners and fulfilled their destiny and the Mayan Calendar.

But what about the Hopi?
As far as this convening above is concerned, I believe that the Hopi were not as important as many thought. Why? Because the Hopi are Maya, and came from the Maya out of Guatemala long ago. Both tribes know and acknowledge this. What needed to happen was that the Maya and the Inner Circle of Atlantis, the Kogi Mamos and the Arhauco Mamos convene - and that happened. It would have probably felt better if the Hopi had joined, but as far as the Mayan prophecy is concerned, the Hopi Traditional leaders were asked to attend, but their absence does not fail the Mayan Prophecy.
The Hopi did not join, even though they really wanted to, because, according to the Hopi themselves, the ceremonial protocol was broken by the non-profit organizers of the gathering, and it had nothing to do with the Maya or any of the Elders that were there. They were completely innocent.
When different tribal groups attempt to come together for ceremony, they must follow strict ceremonial protocol, and if it is not performed exactly according to their laws, then it cannot happen. And that is exactly what happened.
To be clear, almost all of the people that I met at the Gathering were there to support the Mayan Council of Elders of Guatemala and the elders that were being called to come to the Gathering. We supported the ICA because they were selected to be the organizers of the gathering by the Mayan Council of Elders of Guatemala. The elders themselves had almost nothing to do with how the organization of the gathering was performed. It was the responsibility of the ICA.
On a heartfelt note, for you who were not indigenous elders, and who were present at the Return of the Ancestors Gathering, I want to thank you from my heart for being there to witness history and for giving your spiritual energy to the ceremonies. I also want to thank you for helping with the funds to bring the elders to Arizona. Every penny you gave to the ICA, either for tickets or donations, went to the elders in the form of airline tickets, bussing, shelter, food etc., and without you, this gathering would never have happened. I truly want to thank you one more time from deep within my heart.
And for the elders that traveled to Arizona from around the world, I wish you the grace of Mother Earth and the beauty of Father Sky to be within your hearts forever. You are the wisdom of the Earth manifested in human form. Thank you for being alive, and remembering and living your sacred work for Mother Earth.
There were sacred and beautiful moments that continually threaded through this Gathering as the elders performed their ceremonies in the way they have for hundreds and even thousands of years. If you were there, you were blessed, and if you were not there, you were still blessed, as was all of Mother Earth and Father Sky.
The Native elders of the world are ready for what is about to become Reality, I believe. It is us, the modern ones who have just arrived, that need, perhaps, more time for purification. But if we witness with the eyes of a child and enter into our hearts with innocence, we will know and remember exactly the pathway to the Heavens.
En la Kesh, You are another me, and I am another you!
From my heart, Drunvalo

THE SOURCE STAR IS YOUR HOME

by Brian Grattan

Excerpted from Mahatma II

In the quest for perfection and freedom, when one's physical body becomes too incapacitated to allow the personality

within to make the self-conscious effort to express perfection, then soul steps in to dissolve this limitation, allowing the individual to continue in a new vehicle. The grief for the loss of a loved one is in reality an expression of rebellion or lack of acceptance of this fundamental law. This totally selfish act serves only to hinder the progress of the one who has passed on, because the moment the mourner focuses his attention upon the one who has left, he joins that loved one in his higher mental body, bringing with him all the burdens of his grief. This useless suffering is all due to the age-old belief on the part of humanity that the body is the individual instead of simply a garment the individual wears.

Once you know and fully understand the life principle within your physical body, then you will know and feel that it is truly, all-wise and all-powerful. When you have comprehended and assimilated this knowledge you will clearly see that it is not only,natural and possible, but it is eventually necessary to transcend all outer activities, laws and limitations. These were all created by humanity/ itself in its ignorance and are expressed in the outer activity because the intellect has been allowed to act without the Light of the Source to illuminate it.

It is impossible for an all-wise, all-perfect Creator to create anything unlike Itself, and so humanity must accept the responsibility for the limitation and discord that it has created for itself. The Creator level gives to the beings with free will, the Cocreators, the use of the attributes of the Creator as tools for manifestation at their respective levels of initiation/integration in the universe. Each individual is endowed with the ability to form conclusions; however when the intellect alone is used, as is the case with most of humanity, the results are based on fragmented, incomplete information. This in turn is the direct result of using only part of one's bestowed creative powers. Conclusions drawn from partial rather than complete information naturally produce unsatisfactory results; this is why religions today have no intrinsic value.

To be a Creator, the individual must have free will. Therefore if he chooses to create with one spoke instead of the whole wheel, for example, then it is his right - through his free will - to make that experience. His wheel of manifestation cannot be and is not complete until he recognises his I Am Presence, for it is only source which knows all that is required to complete any pattern of manifestation that produces perfection through the twelve rays. All patterns of perfection are stored within the all-knowing mind of the council of twelve for this Cosmic Day and can never be made manifest in the dense physical world until the outer activity of the mind, which is the intellectual consciousness, is illuminated by the twelfth ray of Golden Light within the heart. All rays originate with the source of this Cosmic Day, the Undifferentiated Source.

The I Am Presence, Mahatma, does not recognise and could never create the mass of destruction, chaos and confusion that exists in the outer mentality and world of humankind. It is the birthright and privilege of every being to express the fullness of the Divine Inner Presence; however, if the personality level will not call forth the power of the I Am/Mahatma through the higher mind into the outer life at all times, then the outer experience will remain the ever-changing condition, or dumping ground, for the mass consciousness.

The Source Star Is Your Home

The Divine Presence of the Mahatma abides within the spiritual body now (since June 14,1988) of every being, resting in the Source Star, which is located 6 to 9 feet (2 to 3 meters) above the crown chakra. This Source energy, the collective Cocreator Council of Twelve, is occupied with forever creating and expanding Its perfection; It exists and creates cosmically in Its own realm, which is beyond levels and dimensions. Perfection is analogous to the ray with which each director of the Source Council of Twelve is working. There is no static perfection! If you asked each of these twelve directors their view of perfection, you would get twelve different answers. From the Source Council of Twelve as a whole, you would receive one answer, which then, and only, then, would be the definition of perfection.

It is only in the outer expression of the human personality level, which is but a minute part of one's beingness, that imperfection can be created and experienced. The selective, discriminative intelligence of the individual observes the conditions, trials and tribulations of the human expression from the level of the higher mind (the causal body), without accepting them into its level of consciousness. It sees what is required to produce perfection in the dense physical experience and is able to reach into the physical-etheric body, the individual's current physical expression, to draw forth what is needed to create it (perfection relative to the specific level upon which one is working). Thus you may wish to concentrate on the Source Star during your personal or group meditations, for this is your home where all

beings must connect with their true essence as All That Is in order to hasten their journey and re-identify with the collective self, the I Am Presence, the Source for this Cosmic Day.

The seemingly impervious walls of the outer self are no barrier to the Mahatma energy, any more than they are to an electrical impulse. This presence is the Christ Consciousness within for all in physical embodiment, the God Self of every individual. When someone acknowledges, accepts, comprehends and feels the Mahatma Presence, Its limitless power is released into his use. By consciously raising and illuminating the dense physical body and its every activity through the Light of the Mahatma, Its power is released into the outer world through the individual to manifest his dominion, through free will, that was originally given to him at the time of his monadic birth and individualisation.

Only a Son of God, a being with free will, can decree as God decrees, I Am Mahatma. And whatever quality or invocation follows that divine sound spoken into the ethers becomes manifest in the realm of substance and thus becomes one's reality.

The word Mahatma is a mantra with which to invoke the energy of The Rider of the White Horse, the Source. It is not the same Mahatma Madame Blavatsky and others have referred to in their writings, which is a Sanskrit word meaning "great soul." Our use of Mahatma bodies much more than the Soul or even Oversoul levels, much more than humankind can yet conceive

The Vibratory Action of "I Am"

When an individual says, "Mahatma." he is invoking the creative/integrative attribute of the Source and is announcing Creation at his particular point of Light within this Cosmic Day. The vibratory action of the words I Am Mahatma releases the energy of Creation, so that whatever quality follows that decree is instantly manifested in the pure etheric substance and ultimately in the spiritual microtron (these, being stepped down through the twelve rays, are the only energies in existence that need be defined or qualified). It is the responsibility of each one to invoke perfection into his own world, for the law, of his being requires that each per son use his own energy to utter the decree - you cannot give this responsibility to someone else to do for you! The Mahatma can synthesize your connections, but only you can implement the undertaking.

The twelve rays that constitute this Cosmic Day are the self-luminous, intelligent substance of the I Am, Mahatma, which exists at all points (except those third-dimensional planets still limited to seven rays) and of which all of creation is composed. Limitation and discord can form a barrier to the Light, shinning off some of its radiance, but imperfection can never touch the substance itself.

The limitations that mankind has created for itself are products of the human intellect and emotions, which have not been trained to look into the Light of the individual's own I Am Presence for the Divine Plan upon which to base all outer activities.

The Divine, or perfect Plan, exists only within the spiritual Light, the microtron. When the dense physical intellect and emotional level are purified and illuminated by the light of this great Presence, then the perfection of the thought and potential within it may flow through the personality without becoming distorted feedback from the human sensory system is a very unenlightened. report indeed; however, when Light is directed to it from the Source of All That Is, it melts, into its glorious monadic perfection Pure love, wisdom, joy, grace, balance and every other quality of the Light can only be attained through the one great Presence the Source Council of Twelve for this Cosmic Day, wherein each member represents one cosmic ray. It is this complete Council of twelve, embodying the twelve rays, which enables this creation, this one, Cosmic Day, to exist. There and only there does the blueprint for perfection exist. If the student will consciously place and dedicatedly hold his attention upon the I Am/Mahatma he will be able, to express such Divine Light and love that he will not possibly be able to conceive at present, unless at one of Brian's seminars (or elsewhere on Earth, by tuning in to the Mahatma energy as the seminar is taking place), where the fineness of spiritual energy can most assured be felt and in time, integrated. There is immense support from the archangels, the angelic host, the various soul levels and now, for many, the over soul, plus alternate realities and aspects of self that one is consciously unitited with these seminars are joined by multitudes of discarnate beings with much love, joy and appreciation, for what few of humankind are participating in this level of integration has a profound effect on

evolution - not simply for Earth and humankind, but for all creation.The ratio of participation numerically is overwhelmingly in favour of higher-conscious (discarnate) beings who are simply more conscious of the changes that are being implemented and who are also learning, through the Mahatma, about spiritualizing matter with the microtron. These fourth through sixth-density beings are consciously reuniting with their monadic/spiritual levels. In the annals of human "spiritual" endeavours, no being has been able to integrate the monad sufficiendy to anchor the spiritual microtron in any universal (physical) density. Now, because of the Mahatma's integrative abilities and assignment to synthesize pure electron energy with the spiritual (monadic) microtron, physical evolution for this Cosmic Day will be hastened by at least a thousand fold. Divine love embodies the perfection of every attribute of the Source. When the individual consciously enters the path of self mastery, he must fully realise that from that point he must accomplish everything through the power of unconditional love from within his own I Am Presence. He must understand and remember that divine love contains within it the complete wisdom and almighty power of the Mahatma. When consciously expressed within the individual, it is an invulnerable, invincible, protective armour against any negativity. The only means to attaining perfection in this Cosmic Day is through unconditional love. Therefore love yourself as an expression of the Mahatma and nothing unto ward can enter your beingness or worlds

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THE MAHATMA ON EARTH

The real difficulty for humankind living in the beginning of the fourth dimension and sequencing "time" differently is that humanity will now be compelled to live in what they view as the "future" (the relative now), rather than the "past-" All but a few on Earth are influenced by history rather than by the future or by the relative now, which are the necessary realities if you wish to transcend your illusory outer creations.

You can no longer exist on this planet as you once did, as you continue to do, without a very rude awakening What do we mean by this? It will become increasingly self-evident that the negative hold that the past has had on humankind can no longer be maintained in a fourth density. More and more of humanity will be creating their own reality and that of the world around them as a result of who they are becoming through, the cosmic influences effected for Earth and Earth's inhabitants. It it the influence of precedent which has determined existence on this planet: "Well, it's always been that way·. . . The world isn't going to change to suit you. . . . humanity can't change, that's the way it is!. . . .That's reality; join the real world. . . .'

This "real world" changed so completely on June 14, 1988, that to understand this profound and lasting effect would require reading and integrating this book's contents thoroughly on a step-by-step basis. And what do we mean by this? Earth's inhabitants, including your seven astral levels, are currently experiencing a period of grace which began on June I4, 1988, when, for the first time within this Cosmic Day, the Earth completed her spiritual circuitry with her Source, the God/Goddess/All That Is.

You will notice throughout our Mahatma teachings that the concepts are very difficult for most of you but need to be approached during this 40-year opening on Earth, which will last until the year 2028, with profound dedication and allowing for a gradual transition into this complete philosophy so that you do not become discouraged by information and energy that are not supported by mass consciousness. You may wish to integrate that which you resonate with first and then progressively integrate all concepts and all energy levels without overwhelm or feelings of "what in, the world are they talking about?"

As the transformational energies of the tenth ray and the spiritual microtron tend to create emotional ,mental and cellular discomfort it is important to understand that this problem of discomfort is not held within the transformational energy itself, but is a result of resistance to transformation. These shifts in consciousness will result in immense mental and emotional destabilization as one integrates these energies sufficiently for the spiritualization of matter.

Mahatma covers every aspect of everything you need to know about the now in many different ways and without the need to run from the crystallised religions to the space command, without calling oneself an angel or hoping for assistance and integration on other Levels that are so very limiting.

The pattern of history that has held such a stranglehold on humankind is slowly being released by the influence of the now as we enter a multidimensional matrix over the next 35 years. The ancient pattern of allowing the past to
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determine the future is coming to an abrupt end. More and more among you will realise, through absolute necessity, that if you wish to remain on Earth during this opening, your decisions have to be, a product of the relative now and not of the past. The collective thought, or mass consciousness, is so dysfunctional that humankind will be compelled to go within and look at the grandeur of their own I Am Presence, rather than the collective consciousness of illusion.

There is a shift in the paradigm of causation as a result of the hundreds of years' duration of the totally inaccurate theory of causation flased upon Newtonian theories of cause and effect which present the fragile argument that the past causes the present. this mechanical model of lawn bowling, in which one ball bumps into another is purely mechanical and allows no real justification of the theory that, causes lead to effects Quantum physics has all but replaced the Newtonian concept that anticipated effects produce causation; rather than the effects from, the past affecting our future, it is the effects from, our God source in the eternal now which affect our present.

If a being entering this first of seven grand divisions of the fourth dimension were to continue to believe in Newtonian physics, there would be no room for changing and becoming more than you already are. Thus, this theory and that of quantum mechanics would disallow change in direct proportion to the degree that the imminent discovery of a multi-dimensional reality will eradicate as credible your finite physical sciences. This event, referred to as ascension, will be witnessed shortly in sequential time, causing your physical sciences to Start anew. Your human hierarchy will, in the very near future, channel sufficient scientific information to Earth to allow for the freeing of humankind from bondage and slavery through, the advent of nuclear fusion, as an energy source for those who remain on the Earth in the now. The spiritualization of matter through the fusion of the permanent atoms is available in what we refer to as the spiritual microtron, as discussed in some detail in this text.

Quantum physics is a physics of absorption. Thus, when a collision occurs between two energy fields, the total energy is absorbed by the two. As a matter of, fusion instead of fission, the shifting of the paradigm is occurring during this supreme opening. With the fusion of the atom and the microtron, you will begin to recognise and integrate the spiritualization of matter or be compelled to leave this planet and her lower astral levels because the physical, emotional and lower mental bodies cannot withstand the transformational energies being anchored on Earth at this time.

There is a mighty shift away from 'the paradigm of causation in the Cartesian philosophy which states that everything runs on Logic and reason, a philosophy which raised logic and reason to equal the God Source, the All That is. Fortunately, this upward causation paradigm, of Cartesian philosophy is being compelled to shift to allow for a metaphysical approach and now, through the Mahatma energies, for a spiritual philosophy that is based not on Logic and reason alone, but that which allows you to be the creator of your own reality, with greater proclivity toward understanding that thoughts are things; this includes logic and reason but also "downward causation."

If, for example, you missed a connecting airline flight because the plane was unable to land on time due to fog, this would explain the "upward causation"; but the "downward causation" might indicate otherwise-that your energy was simply needed at that Location at that "time"; therefore you spent more time at the required location than consciously planned. Thus, the gap between the concept of the past creating the present, and the concept of the relative now creating the present is as great as the shifts in mass consciousness that are required during this opening for Earth and her astral levels.

We discuss with great joy the arrival upon Earth of the balanced God and Goddess energies. This balance of creative energy is long overdue on a planet where all of your religions have held to the limited and false image that God is male, which therefore means that "God" is not balanced and integrated, either in its receptive or dynamic aspects of creation.

The views that "The Rider on the White Horse," as prescribed by all of your world religions, will ride a white stallion across your Earthly "heavens" as a male God, bringing to the Christians their anticipated "second coming" to save only those who fit their description of righteousness and destroying or abandoning all supposed "evil" or "naughty" human beings are, even stated symbolically, bordering on absurdity from a God Source perspective.

What your planet is experiencing now and what more and more of mankind will begin to experience is no longer

philosophy and physics, perse. The shifts of the Earth and her astral levels over the past six years become self evident in this process for humankind to connect with their only reality, their Inner I Am Presence and to cease referring to their outer, material creations as anything but illusory, as they are from a Creator perspective.

The very thought that humankind (generally) only believe what they can monitor through their five senses is the absolute opposite of the view of the God Source, which does not recognise our material creations as being anything but illusory.

Humanity will continue in a state of abject dismay and crystallisation for a period of time due to the increasing mental and emotional instabilities which are becoming more and more apparent on this planet. The kinetic frenzy for hanging on to the third dimensional non reality is so powerful that a complete state of denial will rage throughout mass consciousness. Humankind remain so engaged and entrenched in struggle, so immersed in masculine energy, entrapped in Newtoniah physics and Cartesian philosophy, and so very enamored with their profoundly limited religions that they deify and worship beings who are but fellow travellers on the same journey. Humankind are so engulfed in their own history that the very thought that the past does not create the future becomes repulsive to then,.

We speak of the twelve rays and isolate for observation the sixth, which supports zealotry. and fanaticism as extreme expressions of this ray. Those who extol this energy-particularly your religious hierarchy will become even more ruthless and fear-mongering in a last, desperate attempt to cling to "the graven image" of structure and darkness which will not withstand the Light and Love that are being anchored on Earth at this time through what we refer to as the Cosmic Heart.

Humankind has not yet realised that on September 8th and 9th,1993, your astral levels ("heavens") started to anchor on Earth for the first time ever, creating for those conscious enough to witness this transition a heavy sense of oppression and of "being out of control." At this juncture, nearly one-third of the beings on the first three of your seven astral levels were transferred to other schoolrooms in this and other universes, as these soul energies are simply two lowly evolved to handle the energies required to re-embody on Earth into a multidimensional matrix of time and place. Thus, after what humanity inappropriately refer to as "death," their major location for transition between incarnations, the astral levels will no longer be available. The majority of humankind who function on preprobationary or probationary levels of consciousness will not reincarnate into Earth's new densities. The real "Armageddon" was and is being felt on Earth now because your lower psychic/astral realms are in a state of disarray and panic, trying to maintain the status quo that they, have gotten so used to over the past four major civilisations on Earth. As the bulk of humanity vibrate at this level of consciousness, or unconsciousness not being able to access the three lower astral levels, there is pandemonium rampant on Earth as these entities endeavour to change the irrevocable cosmic law to suit themselves and to influence the outcome of the "Armageddon" in its truest sense, which is not "hell-fire and damnation." This is not a judgement, simply an enactment of the cosmic principle of resonance: if you cannot raise your vibration sufficiently to stay embodied or to re-embody at a future "time," you will be compelled to learn these lessons elsewhere-but most definitely not on Earth or on her astral levels, which are all becoming one during this opening.

The final "coffin nail" for the dark, structured forces on Earth and on the astral levels took place in Santa Margarida on the Costa Brava, Spain, at 7:42 p.m. on the 7th of October,1993. If what is about to be stated herein causes any among you to go into a state of overwhelm and disbelief, then regrettably, so will the contents of the book, Mahatma. Thus, we urge you not to slam the book shut because of historical incohesiveness with the rather limited views held by your finite science and other historical opinions expressed as "truth." We ask that you simply take a deep breath and allow these accurately stated relative truths to be integrated unemotionally and without predetermined judgements until you have read the complete contents. Your judgement would be inconclusive without reading the whole book, due to its developmental nature.

The resounding resonance that 114 of humankind can effect for Earth and her astral levels was very powerfully demonstrated during the Mahatma seminar in Spain from October 5th to 9th, 1993, in which these wonderful few participants actually hastened the Earth's evolutinnary journey toward the anchoring of the Cosmic Heart into physicality. This unprecedented event took place with massive support from the archangels, the angelic host, the space

command and the totality of all aspects on all levels of the personalities involved. Discarnate beings were present, numbering more than 1000 to 1, in order to achieve this anchoring of the Cosmic Heart on Earth.

The presence in this area of the two powerful, receptive vortexes to facilitate the anchoring of Unconditional love was not by chance, for I knew and was told by Metatron long before the--' seminar that this one group meeting in Spain would be the "death knell," the "Armageddon" for the collective agencies of darkness, including the Cabal, whose great source of pleasure is derived from the manipulation of the masses and, as a result, the creation of slavery and darkness.

I believe that many among you would be surprised just how insidious the darkness really is in its control and manipulation of the world you think you know and, especially, the world you don't know. Many of your favourite "luminous" personalities are unconsciously participating in the manipulation of the human psyche to such a degree and for such a long period of time that the bulk of- humankind do not realise that they have simply been the pawns in a well-controlled and manipulated game plan by the Cabal and other agencies of darkness. Until the 7th of October, 1993, the "pawns" could not participate in this great event that we refer to as the anchoring of the Cosmic Heart into Earth; however, you will now notice that the "little you," your personality level, is able to reclaim your own power.

Of the 114 participants in this magnificent event in Spain, 29 had mastered physicality in the same manner as the Master Jesus.

To give a Light perspective on how much energy is generated through the synergy of 30 masters, the size of this group would equate to nearly two billion beings an preprobationary and proba- tionary levels. Staggering? As you integrate the Mahatma teachings, you will realise without any doubt that what has been re ferred to as mastery is the natural state of awareness and that, from a Source perspective, anything less is unnatural.

We will state in many different ways the ease with which one can now move beyond mastery to achieve the lowest level of consciousness ever intended by your Creator Council of Twelve; you see, dear ones, you were never intended to fall so far from the galactic state of Light and love-which has always been the pure electronic etheric body-into the dense atomic body.

At the moment of this glorious victory that we refer to as the evening of October 7, 1993 this group was working on pattern removal through guided meditation when suddenly a huge explosion of love and Light engulfed the room; we simply bathed in this - liquid luminosity of Omnipresence. I was aware that there were thousands of multidimensional spacecraft in the area but was not prepared for the sudden dark and extremely heavy cloud that tried to enter the magnificent column of Light. The dark cloud circled our Light chamber several times, then suddenly hastened its momentum and struck the Light column with all of the energy it could muster as I watched, the column of Light did not waver at all, but dissolved the black abyss without even a shudder. Several of the participants who possessed the clarity witnessed this most important event for humankind, as the unconditional Cos mic Heart was finally made our reality. Metatron stated later that this was the most powerful infusion of Light and love ever generated for and with Planet Earth.

He also explained that the space command was present to help offset a group of galactic entrepreneurs who were attempting to assist the fallen ones to maintain their status quo which, of course, they had enjoyed, with their stranglehold on the Earth and her kingdoms.

As always, dear ones, only your state of beingness and your resonance with your perception of reality can determine your state of awareness, intuition and, with your collective self, how much of this book can be integrated into your ever-expanding consciousness. The resonance of the word "Mahatma" was given to me by Vywamus and chosen by the archangel Metatron; this mantra was never intended to be used to mean "great soul, "as it exists in the Sanskrit language.

Mahatma embodies the 352 initiations and levels from Source to Earth, and Brian represents the personality aspect of this incredible energy. One should remember that the personality level is but a very small part of this comprehensive energy formatting, but nonetheless an essential part for our Source to monitor and an chor on Earth. We would like to

advise you very early on that the Creator personality on Earth is not to be adored or venerated but is simply a vessel for the Sourcel evel consciousness to channel through. One has the free will to adore the consciousness coming through the vehicle if one so chooses; however, this is a false belief. The Cosmic Plan intends that you adore only your own I Am Presence within you own God Source and your own creative undertakings through integration.

Certain among you will go into overwhelm with the concept that a cosmic avatar could embody a personality on Earth. This, we remind you, has no bearing on what we teach, for of the teachings and truths that are conveyed through the personality, Brian, only those teachings whose merits pass the scrutiny of your discernment should be accepted by you, and they should never be accepted blindly. Any resistance or opinions on your own personality level about the heightened consciousness of Brian, the personality, really do not matter and should have no relevance to your discernment of the teachings and energy that come to the Earth through his channel, whether you resonate or do not reonate with Mahatma. (Please do not buy into the myopic view held by mass consciousness that the personality is who you are; and in "our" case, the individualised entity called Brian would not represent one millionth of "our" total consciousness. The great trap and "the fall of man" can be encapsulated in one word: illusion. From a Source perspective, humanity's fall and separation from, Primal Soul into the densest of all levels of consciousness, the atomic body, is illusion and was never master· planned to occur. However, the Creacor's open-ended, infinite plan also allows the cocreators to use their God-given free will, as individualised sparks of divine consciousness, to experience anew for this Cosmic Day. And, as always with, free will, what one wishes to experience, in darkness or in light, is the choice of the individual. The cosmic law is irrevocable, in that sparks of divinity herein referred to as soul levels, will eventually reunite with the God Source that they have always been. The Goddess energy will touch every one until at Least the end of this decade and will balance your perception of male and female polarities; this is also long overdue! As her children, from an energy perspective, she is going to teach, touch and help balance the abuse of dynamic male energy as conveyed during the past four civilisations on Earth. This will in turn bring up many denials and resistance's and will create many distractions as humankind desperately cling to their tragic and destructive modus operandi.

For these reasons, most will not be capable of creating anything but frenzy and terror and will not be capable of maintaining their atomic physical structures as the tenth ray and the microtron raise the vibration, or resonance, above the existing human condition.

Incredible electromagnetic surges have been directed to Earth, particularly through the agency of Helios, your Solar Logos. For the Earth, this means that your true north would become fixed, and your magnetic: north has started its inexorable 90-degree Shift to the equator. We have alertly experienced a 12-degree shift, evident in Zurich, Switzerland.

Vywamus channelling MAHATMA ENERGY

So I would start again with the same words, I am Vywamus. Many of you would wonder who Vywamus is....or who I Vywamus am.....many of you have heard of Samat Kumara your planetary logos....and I Vywamus am a cosmic aspect of Sanat Kumara...I say a cosmic aspect because if I really try to explain to you what this cosmic aspect is or this higher aspect, its very easy for you to become confused. So Just understand that I am a cosmic aspect of Sanat Kumara...your planetary logos.

So the Mahatma Energy....many of you have heard the word mahatma throughout your lives in relationship to a master that was known as Mahatma coat Gandhi....it really pisses you off when you make jokes and nobody laughs (laughter).... Mahatma coat my Gandhi (laughter).....o many have heard this word mahatma, this prefix mahatma used in conjunction with this master, this being, who did really great service for the human race. He taught harmlessness and action through Love.

Brought about many changes in the country where he lived, integrated a lot of the knowledge of harmlessness and action with love and non action with love....into the hearts and minds of many. Even today many take up a protest in a Ghandian way.... just thru love not thru fight...just love. The word Mahatma means Great Soul....and is not only the prefix to the name Ghandi, many many beings in India, males, have the prefix to their names....Mahatma. Many many

people call their fathers Mahatma many call their spiritual masters Mahatma. It is a fact that if you admired your uncle, your grandfather or any other male member of your family, you would possible call them Mahatma instead of their real name. It is a term really, of respect, of recognition for the qualities of the Indian type of spirituality, or the Indian paths of spirituality.

So this energy we call Mahatma, you might wonder why we use that name or that mantra to bring the energy. Understand, that in Atlantean times it was, there was an attempt to bring the Mahatma energy to Earth, or this energy that we call Mahatma to earth and to integrate it into the hearts and minds of humans on the planet at that time.

Fortunately, or unfortunately, whichever way you may choose to look at it, it was not possible to ground the energy because the emotional bodies of the humans were not sufficiently developed to be able to integrate the energy of unconditional love. So we had to withdraw the energy. So we patiently waited for a few thousand or thousand of your earth years until the time that we considered the world ready for the mahatma energy.

Many of you may remember 1987, when an event took place upon your planet that is known as the Harmonic Convergence. The Harmonic convergence was a happening in which millions of people became involved around the planet. But really no body understood what it was about. Very few humans understood what that event really meant to humanity and planet earth and the whole of creation. It was a fact that groups gathered here there and everywhere. They gathered in ashrams, they gathered in homes, they gathered in holy places, they gathered on holy hills and mountains, and they focused. What did they focus on ? Again, not many knew.

It is a fact that when you asked what humans said the Harmonic Convergence was, the reply was usually "harmonics converging". No body really understood what the harmonious convergence really meant. During the time of the H. C., Sanat Kumara, your planetary logos, one of my, we will say for ease of explanation, one of my lower aspects. Finally, integrated his etheric body with the body and the etheric body of the Goddess Gaia, Mother Earth, your mother. You must understand that the earth is your mother, because without the earth you dont have bodies. Your bodies are composed of the elements that Mother Earth is composed of . She is your mother on earth. This integration of Sanat Kumara energies into the body of Mother Earth started to bring about an accelerated rate of consciousness changes. The focus of all the people on the H.C. created a lens, a vortex, maybe you could say, thru which Sanat Kumara could bring his energy, but, a number of us, myself Vywamis, Dua Ku, Quan Yin, and a number of others who at this time, their names will not be given to you because you will have no reference points for them. Also decided that the mahatma energy would be grounded thru the lens of the vortex. We decided to call this the mahatma energy because humans always have a need to know what things are. It is thru your education and conditionings.

This, of course, is not a judgement, it is an observation that if there is an energy that has no name, humans will say well what's the point in that, we don't even know what it is ?

So we sat around for a long time, we had galactic meetings, we had council meetings ...the council of 12, 9, 6, 3, 1.....we liased with Mother/Father God....and the best name we could come up with was Mahatma, because its very simple. Mahatma.... we could have called it the hinegehutehatdemahateetooteetooteetootee energy... but many of you would have found that hard to pronounce (laughter).....you would not have known how to spell it...you would have said what kind of rubbish is this....its goggledegook... As they say in earth languages.

So because of this need for human beings to put everything in boxes, pigeon holes, files or drawers, we decided that we would give you a very easy way to call this energy in....so the word Mahatma, the vibration of the word, is attached to the energy. Also, as well, when you understand what the energy is, it may give you other clues as to why we decided on the name... Mahatma.

Now the mahatma energy is pure unconditional love which flows from the I AM presence of Mother/Father source... the Creator. Now when we say Mother/Father Source the Creator we need you to understand that we are talking about mother father source of this aspect of creation in which you live and experience. There is more than one Mother/Father Source. There is more than one aspect of mother/father source.

Now when we say this energy is pure unconditional love many would think " I don’t really understand what is being

spoken of here because hasn't the love of mother/father source always been present upon the planet?" Isn't the unconditional love of mother/father source the cohesive energy that holds the molecular structures together?

In this aspect of creation, it is the energy of manifestation, so therefore it must already be here?. 100% gold stars for everybody who thinks like that! But, the energy is impersonal. You may have heard thru Hindu philosophies, that the Hindus have realized that there are 2 different energies at work, or 2 different energies that flow from Mother Father Source. One is personal and one is impersonal.

The impersonal energy which we would say is the energy of Bhrama in Hinduism and the personal energy is the energy of Krishna and Radha of Lacsmeasweara Swati of Rhamma and Sita...of all the other Hindu deities....be they male or female aspects.....that is personal energy.

You understand that the Hindus have worked out that if you looked at God as a personal being, or a being you could relate to on a personal level, you did link in with a very powerful personal energy or person aspect of Mother Father God.

And the Buddhists and followers of Bhrama.... Their idea was that God was impersonal and God just is... and the energy just is...and its composed of white light.

Now you have heard of Buddhists talk about enlightenment, and their quest for enlightenment and their quest to merge with the white light.

Well these quests to merge with the white light have their usefulness....but ultimately it is not ascension and is not total enlightenment.

Understand that this White Light of which they speak is really in Hinduism known as the enforgements of bhrama...It is a place in time and space the informants of bhrama is white light. It emanates from the body of bhrama, the Creator, and this place you might be able to relate to it as 5th dimension.

So merging with the white light of the 5th dimension, although it is, or was something worth working towards.....I would say now, it is not worth working toward merging with the white light of the 5th dimensional reality. There is a lot of stuff around that we are all going to merge with the 5th dimension, ascension to the 5th dimension were the buzzwords.

Plan is changed now The whole universe is going to ascend, and take residence in a new place, in a much higher vibrational reality than the 5th dimension.

So for the first time in 1987, we grounded the energy of the I am presense.... the personal aspect of Mother/Father God, the female balances of unconditional love ...into planet Earth.

Now understand, that no being on planet Earth has any resistance to the Mahatma Energy. There is no cellular memory of being harmed by it. There is no cellular memory or knowledge, anywhere in the totality of your being, from your I AM presence to your physical presence that has been harmed, damaged, manipulated or any thing else by this energy. I would advise you that any other energy that you work with, or have worked with or is available to work with on Planet Earth has at some time

been misused in the harming of others, the disempowering of others, and if it is not, if you personally have not experienced this disempowering or harming thru different energies it is very possible that you have damaged your energy system. To put it into the slang of the English language, you will have fried yourselves. You will have brought down so much energy or tapped into high power energy, brought it thru your physical bodies, and damaged, not only your etheric matrix, but also your chakras and the

Filaments of the energy pathways which connect your chakras to each other. You may also have integrated it with your kundalini energy and found that your brains reacted like a pancake being tossed in a frying pan and the result of that

being tossed around is craziness. A craziness which there is a degree of difficulty to reverse. Although there is beings on the planet that knew how to reverse that craziness, if you burnt out your etheric matrix and the connectors between chakras, it is very possible that many would not be able to reinstall them or repair them, in the space of one lifetime

only. So understand that a lot of damage has been done by a lot of energy.

The Mahatma energy is gentle, because it is pure unconditional love. You cannot contort or twist or change the energy of unconditional love into an energy which is controlling, into an energy which is disempowering. Or you cannot crank up that energy to such a degree that it will cook your energy system. Understand that as you work with the mahatma energy, it comes thru your I AM presence and your I AM presence knows to the last degree how much your physical aspect can take of this energy

With out damage. So We have this energy which has never been misused. Often times in the mahatma meditations, I would ask people to check in with their I AM presence " Do I have permission to work with this energy?".... often the reply is 'YES...YOU have permission and I will filter and adjust this energy so that it comes thru you in a very balanced way". Also the energy is very easy to work with humans in many ways have become conditioned into believing that the only progress that you can make in spiritual life is thru hard work of some kind or another. Be it following the Different kinds of yoga that are available to you, Ghan Yoga, the yoga of knowledge....BhatkaYoga, the yoga of service and love, Raj Yoga, the king of yogas working with your energy systems working on starting to learn to control how the energy flows thru your body, how to control energy around you. Ghan Yoga..I already told you that ...the yoga of knowledge. Karma Yoga...the yoga of work and service to humanity and the earth.

Many ones think that you just have to work...work...work...very hard, otherwise there is not progress. This is all conditioning from the priesthood, be they hindus, jews, christians, islamic or whatever...work work work is the only way you will go forward.

I, Vywamus, tell you that work is not the way you go forward. it is thru focus and acceptance that you go forward and it is thru integrating the energy of the I am Presence of the Source Mother/Father God....thru this love will take you thru everything. This love will take you thru your processes. This love will change everything upon the planet.

So okay, if you don't have to work...What system are you going to use to work with this energy. Again, many have been led to believe and conditioned that working with complicated systems is the only way to get results. For some, they need complicated systems to satisfy their left brains and their conscious minds. But we would ask them to overcome that and integrate this system, invoke the Mahatma energy, I AM the mahatma, I am that I am in Love. Now when you make affirmations like that

(would you like for me to make a pause for a tape)...when you work with energy like that and you invoke energy in such a simplistic way, your mind is not taken up with the practicalities of the system. The energy comes thru your 11th chakra thru the I AM presence in a way that can be assimilated by your body physical and it flows down into your higher heart chakra. Now many don't understand what the higher heart chakra is. The higher heart chakra is the thymus gland. Humans have been tricked into believing that the heart chakra is where the physical heart is and thru storing and feeling emotion, feeling pain, feeling confusion and holding it in your heart space you have become constrained.

Not able to experience the true joy and the true magnitude of what unconditional love really is. Deep in the human psyche, humans have an idea that love is painful. Have you seen Valentines card, with hearts bleeding? hah ! Is that supposed to make you happy? hah ! What craziness humans get themselves involved in ! I love you and my heart is bleeding..bleeding hearts mean not very good times, emotionally... bleeding hearts do not mean that you are focused in love. Also thru this idea that

love and things around love are to do with your physical heart, you have placed terrific strains on your physical hearts. This again, you have heard the words, my heart is aching...I feel separation from my loved one and my heartaches. Where unconditional love is there is no separation...there my be separation in the physical, but really no true separation, because where unconditional love is it is impossible to have separation.

When you feel separation from your loved ones, make the affirmation that " I am that I am, the mahatma in love "...and you will feel to draw you together, of your consciousness and your energy fields in pure, unconditional love.

So now one of the projects that we have on the Earth is to educate everybody to the understanding that the thymus gland is thru, is where the love comes thru. I would ask all of you to tap your thymus glands and start to feel them working. Because if you are over about 25 years old, and you are human , your thymus gland stops working. The older you get the longer it is since it worked, the hard to focus in the unconditional love and feel the unconditional love... the younger ones have an easier time

with it. Of course the ones who have very very young bodies, the ones who have not been thru the conditioning of school, of nursery and things like that, do know how to act spontaneously in love. They know how to shout and scream in love. They know how to give love spontaneously...they know how to BE, and go with the flow of their feelings and express them selves...but then the conditioning comes.....you cant do that, its unacceptable...you can't scream and shout because you are supposed to be doing other things, you cant go spontaneously into love and feel the love emotion thru you because you are to be learning that 1 x 1 is 1. You are supposed to be learning how to be a useful human being on planet earth. The truth of the matter is, is that you are supposed to accept the conditioning which will make you or turn you into an easily controlled being, that you will not cause trouble to the sociological systems, that you will not cause trouble to the oppressive authorities, that you will do whatever you are told and accept any rule or law no matter how out of step it is with cosmic and universal law, into your lives without arguing. Understand that when you graduate from university with a degree, the only thing that you have is a piece of paper to say I have been conditioned and will not cause trouble. (laughter).. I will work ceaselessly on your behalf to oppress the rest and will not question what is happening. That is what you've got. Understand that when the children go to pre-school groups or nursery, that is when the conditioning starts. For many, it is quite soon, after they have only just integrated the fact that they are individuals. Understand that the human condition after birth is that the baby still believes that they are part of the mother, and there is no separation...that they are still part of the mother, and it is only in this period of time that you know as teething, does it start to be imprinted upon the mind of the child, that there is a separation. This.. I'm hurting like hell, and you don't seem to be. We must be separate. It takes time to integrate that and then you are pushed into the conditioning system of your society. You stop, in many cases, expressing the unconditional love that you previously expressed.

So let us now focus, all of us, on our thymus gland and see this thymus gland as a room. It can be any kind of room, square, round, oblong, any kind you choose.

And let us see, in front of us, the door to that room. Just see, feel, imagine the entrance.

Now I would like you all to ask your I AM presenses... do I have permission to enter this room...ask now. (pause) So now, let us open the door to this room and walk in....what do we see? A room full of crystal, that has amethyt, rosey quartz,clear quartz, all the gem stones that you can think of all the precious crystals that you can think of see the room lined with these crystals....this is your thymus room... it is in your chest, all your glands are crystalline, brothers and sisters.

And now, with your in breaths...see these crystals becoming energized...pulsating....lighting up....

and feel the love that is generated by them....filling your chest cavity....at this stage you may use the affirmation....." I affirm I am open....to receiving the mahatma energy...

I am that I am in love...." Keep on with your inbreaths, and as you breath in see the crystals ...see your thymus room becoming the thymus palace....a crystalline palace of love.....see and feel the nature of the mahatma....the silver and gold energy with a hint of violet....flowing down from your own glorious I AM presence into your body physical... and filling this thymus palace with the silver, gold and violet energy and feel the love and be the love. Feel your hearts opening, this higher heart chakra opening....opening... opening....see the lotus that is in your hearts....the lotus with 12

petals....now just blooming like a lotus on a lake, opening to greet the morning sun.

Trigger the love, trigger the love , trigger the love , the love, the love.....Trigger the light trigger the light, the light,

the light.....

Feel this love permeating the whole of your physical body, the whole of your cellular structure...Allow this affirmation to run through you... I AM THAT I AM... love ! Trigger the love the love the love..trigger the love the love the love the light the light the light the light.....trigger the light.....And as this light and love is coming thru you feel your thymus palace becoming more and more activated, pulsating with the love, pulsating with the light....and see the love flowing forth from you....encompassing the whole....not only of this earth but the whole of this creation...Trigger the love, trigger the love the love the love.....trigger the light...trigger the light....trigger the light the light the light..... I AM THAT I AM.... love. Work with your breath...draw in more love.. Now let us focus on the crown chakra.....the thousand petalled lotus....feel your crown chakra blooming....just like a lotus welcoming the morning sun....as you breath in, see feel and allow the petals to open into this glorious flower that is you...and now, allow this affirmation to run thru your minds.....I AFFIRM, I ALLOW THE MAHATMA ENERGY TO FLOW THRU MY CROWN CHAKRA IN ACCORDANCE WITH DIVINE WILL...I AM THAT I am....THE MAHATMA....IN LOVE.

As it flows thru you feel it coming thru your thymus palace...further activating, pulsating ...trigger the love the love the love the love....trigger the light the light the light the light.....I, Vywamis, guarantee you that thru every one that brings the Mahatma energy thru them, we multiply that by 10...200..over 200 people now...bringing in the mahatma in here...and that is not counting the beings from under the ground and the other beings that have gathered in other dimensional realities to help you to integrate the love. Trigger the love the love the love...trigger the light, the light the light. Now let us, with this mahatma energy, clear out the residues of blockages of the crown

chakra....just affirm in your minds....I AFFIRM I NOW RELEASE ALL RESIDUES, ALL BLOCKAGES FROM MY CROWN CHAKRA....IAM THAT I AM THE MAHATMA IN LOVE Trigger the light the light the light.....trigger the love the love the love... trigger the light the love the light the love.... I am that I am ...the Mahatma in love.

Now move down to your third eye chakra...now lets affirm that your third eye chakras are now being cleared of all blockages and residues, all the residues of your misuse of your third eyes in previous times. We also at this time, affirm that your channelling abilities are activated now...so you may see and speak to others the glories that you percieve thru your third eye. Trigger the light the light the

light....trigger the love, the love the love... Affirm....I am the Mahatma in love.....I am that I am.

See, feel and allow the energies of the mahatma to clear this chakra. We feel it becoming activated....Affirm that you are now ready to work with it. You are willing to accept the activation....trigger the light the light the light ...trigger the love, the love the love....

Clairvoyance in all activated.

Now down to the throat chakra. Just focus there on the throat chakra. I now clear my throat chakra in accordance with the will of my I am Presence. I am that I am the Mahatma...just allow that to run thru your minds....now I accept that I can speak my truths and state my needs ...and I activate my throat chakra so that I may speak of the glories of love to others that are receptive....focus on your throat

chakras....trigger the light, the light, the light...Trigger the love the love the love....now the affirmation just flows thru you.....I am that I am ...the mahatma in love.... And just perceive that you are allowing the love to come thru you...you are love... you are light....

And now we move to the thymus gland, the higher heart chakra. Focus your attention in your thymus palace, that glorious palace of love.... Now allow this one to run thru your minds....I AFFIRM I AM NOW ACTIVATING CLEAR, MY HIGHER HEART CHAKRA I AM THAT I am THE MAHATMA IN LOVE.... TRIGGER the love, the love the love.... trigger the light, the light, the light.....See and feel that

light. Further activations of the crystals.... see the palace growing and growing and growing

into this glorious crystalline thing. I now clear my higher heart chakra of all residues of fear of love....the inability to accept love...I am the Mahatma in love...I am that I am.....trigger the light the light the light....trigger the love the love the love....I amthat I am....LOVE... RUN IT thru your minds.....I am that I am....LOVE....feel the love, be the love...trigger the light the light the light....trigger the love..the love, the love.

Mahatma Energy

Now down to the solar plexus. Just allow this unconditional love to flow thru.... changing changing...the accumulated emotional rubbish of lifetimes....the fear, the resistance...

feel the love flowing thru...transmuting all this debris into harmony and beauty...adn allow this affirmation to flow thru your minds eye....I AFFIRM THAT I ALLOW AND LET GO THE CLEARANCE OF ALL THESE EMOTIONAL RESIDUES THAT ARE HOLDING ME IN ANGER, HOLDING ME IN THE ENERGY OF LACK, THE ENERGY OF NOT BEING ABLE TO RECEIVE....AND I NOW REPLACE IT WITH LOVE, UNCONDITIONAL LOVE....IAM THAT I AM THE MAHATMA, IN LOVE....trigger the love, the love the love....trigger the light the light the light...

And now down to your second chakra..the sexual chakra.....Still working with the breaths, bringing in this love....bringing it thru your activated chakras, your thymus palace, becoming amplified thru your thymus palace, your newly cleared solar plexus...

and now allow this affirmation to flow thru your minds..... I AM NOW READY TO RELEASE ALL MEMORIES OF ABUSE, THE MEMORIES OF ABUSING OTHERS, AND THE MEMORIES OF BEING ABUSED MYSELF.... AND I OPEN UP MY 2ND CHAKRA TO THE MAHATMA ENERGY OF UNCONDITONAL LOVE.... I AM THE MAHATMA, I AM THAT I AM IN LOVE.....trigger the light the light the light....trigger the light the light the light...trigger the love the love the love... Just see, feel, allow and imagine these residues becoming transmuted into pure unconditional love....see silver golden violet of the mahatma energy flowing into this chakra balancing and purifying....I am that I am....love.

Now to your base chakra. Now is the time to release all anger, all fear, all residues that are not of the light and love....Allow this affirmation to flow thru you....I NOW ALLOW THE CLEARANCE OF MY BASE CHAKRA..AND TRANSMUTE THE ENERGIES INTO UNCONDITONAL LOVE...

I AM THAT I AM ...LOVE. Trigger the light the light the light.....Trigger the love the love the love...See this silver golden violet energy flowing into your base chakra, reconfiguring, clearing.... again, make the

affirmation.....I AM THAT I AM...THE MAHATMA IN LOVE.

Now ask in your own way, for an infusion of the Mahatma energy to clear your cellular structure of all resistance, fear and anger.....make the affirmation.... I AM THAT I AM THE MAHATMA IN LOVE....see, feel and allow the energy to come thru you, the silver golden violet...trigger the light the light the light....trigger the love the love the love....

and now again....focus on the thymus palace...and see it growing growing growing.. expanding and expanding and expanding... and transmitting this newly found unconditional love for your self without judgement, without reserve, without resistance... feel it transmitting that love to the whole of creation... I AM THE MAHATMA, I AM THAT I AM ...IN LOVE.

With this love you can heal, with this love you can facilitate wholeness...whole beings.. not only humans and with this love you can facilitate the healing of your Earth Mother..

so now let us all spend some time focusing this unconditional love, this mahatma energy, thru our crystalline palaces of love and see, feel and allow it to flow into the very heart of your earth Mother. And now if you focus a small part of your attention on your base chakra, you may feel the love that the goddess Gaia is giving you in return for your love....

I, Vywamus, leave you focused in this love and bless you with love...for there is another that wishes to speak with you....keep focused in the love, keep holding the love vibration....Bless you.

********** end of Vyamis channeling**********

John Armitage

This is an account of just a few days in my life as a work facilitator and Reiki Master and whatever else I do. In early June I arrived in the United States of America in Denver to do a Reiki I and II workshop and a series of evening crystal workshops. My I AM presence and my friend Wottanna, a North American Indian Ascended Master of the Anasasi tribe, had already told me that interesting times were ahead, that this particular trip to America would be a very, very important time in my development and in the integration of other aspects of myself or my I AM presence. Wottanna told me a number of years ago that I was once an Anasasi Medicine Man, that he had passed on all his shaman's knowledge to me before our Anasasi tribe made a conscious decision to collectively ascend. I volunteered to stay behind on Mother Earth to take care of her needs and to do the rituals and the worship and the tending to keep Mother Earth's physical body in good order. Wottanna
often accompanies me on my earthworking expeditions in Israel, the United States, Europe - you
name it - India. He accompanies me on my crystal mandala expeditions, or on the expeditions where I am sent to open up, close down or clear clogged energy lines in the etheric body of the energetic gridwork of Mother Earth.

The journey to America was uneventful enough on a 3D level. The plane ride was relaxing, I sat beside nice people who wanted to talk about the things that I know about and wanted me to share with them some information that I have about unconditional love, about Mahatma and about the Ascended Masters. When I arrived at the airport in Denver I was met by a beautiful lady called
Patricia. I knew from that moment on that the magic had gone into overdrive. The evening crystal workshops that I did in the city of Denver, in fact, turned out not to be crystal workshops at all. They were both hijacked by Vywamus. They turned into Mahatma grounding workshops. They turned into working with the Mahatma energy, integrating the Mahatma energy into the chakras, clearing the chakras with the Mahatma and also integrating the Mahatma into the cellular structure, the DNA and, of course, the etheric body. The etheric body is also known as the Lightbody, I am sure many of you will know.
The Reiki I and II weekend went off in a spectacular way. Every time we did attunements there was thunder and lightning. We were visited by extraterrestrial beings from many universes, many star systems. We were visited by Sai Baba - we were visited by many, many other Galactic and Ascended Masters who assisted me in attuning the people during these workshops.
But it isn't all these workshops I want to talk about - it's the adventure afterwards. Before I left England I had been communicating with a lady in the USA via e-mail who calls herself Clair Sananda Destiny. She is a mouthpiece for the Galactic Federation and for Sananda, amongst others. I had told her that I was going to be in America and would be in the state of Colorado just in passing, not expecting that she would reply saying she lived in Boulder and that was only about 25 minutes drive from where I would be staying and here was her telephone number. Phone her and we would get together. So, during the week when I was gearing up to do the Reiki I and II workshop, I called this lady, Clair Sananda. She was very pleased to hear from me and also told me that another friend of mine, called Renee Muller, who by the way is the Webmaster of World-wide Spirit Web, was also over in Boulder staying with her in this cabin up near Arapaho Mountain and I would be very welcome to visit and to stay overnight if that would be what I want. So I said yes, please come over and collect me and so they came over and collected me and took me over to Arapaho Mountain where we did have an adventure and did some channelling and had a very nice time. Then they took me back to Denver and I had a few more things to do.

A few days later Clair phoned me and said that a friend of hers called Roger Kerr had called her and offered to escort her and Renee on a trip down to Mesa Verdi. Mesa Verdi is in Colorado and is one of the ancient homes of the Anasasi Indians. I knew that I had lived once in this ancient place. Not only did I know I lived there, but I also know I

was responsible for bringing the Anasasi beings there from Vega; that we had dropped them off in our starship and then left on a return journey home; that I at a later time had come again to incarnate into the people, into the arms of the Anasasi people, into the Anasasi tribe that lived at Mesa Verdi and become one of them. This is where I was trained by Wottanna. So one day we all gathered, Roger Kerr, Renee Muller, Clair Sananda and myself, in Colorado. Loaded up this old Mitsubishi Estate car with Wayne County Georgia number plates on it.

What a motley crew we were - me from Scotland, Clair, who owned the car, from Georgia, Roger Kerr who now lives in Colorado (but I'm not sure where he came from originally - maybe Texas) and Renee Muller who was actually born in Germany but lives in Switzerland. Away we went and headed off down to Pagosa Springs. Well, it was very interesting seeing all the places I had seen when I was younger and I used to watch TV or go to the movies when I saw the Wild West, the Rio Grande River, Derango and all those other places. What a wild, wild state Colorado is. Its beauty to me is unsurpassed anywhere in the world. I have been to a lot of places but I haven't been everywhere. This is no challenge, but anyone who can show me any more beautiful places, then I am very willing to go there! Well, on the trip down to Pagosa Springs we saw hawks, we saw buzzards, we saw eagles. Wottanna kept telling me that he was with us and that the adventure was about to begin. We went to Mesa Verdi to the Anasasi dwellings. There were lots of tourists around there as this place is now a place on the tourist map, but for me it was just like coming back to one of my homes again. Feelings of love, feelings of connectedness and knowingness of that aspect of me, Washataka, came flooding in. Wottanna came to me and told me there was earthwork that needed to be done and that I should look in the kivas in this holy place. Kivas are meditational pits in which people, Medicine Men and shaman alike, and the ordinary people or the so-called ordinary people of this holy place, would gather and meditate deep within the ground. They would meditate within these kivas to connect with the energies of Mother Earth and to connect to the spirits that live within the body of the Earth Mother. These kivas would have, at one time, been covered. You would have descended down into the darkness and spent time there doing a ritual connecting and meditating. When we approached the first living area, George, the smoky quartz crystal skull that is my friend and travels with me, was very excited. He was saying: "Hey, Washataka, now we need to go into the kiva and we will get further instructions." So we went down into the first kiva. George was very excited. You could feel him pulsating. You could see the light pulsating from him, this light of love, this light of truth and beauty and harmony. I sat in the middle of the kiva with George in my hands and tuned in on the energy. I realised that this kiva was connected to my home in Scotland where we have a stone circle in my garden and a kiva dug in the middle of the stone circle. And what part of my job here was, was to activate the lines between Mesa Verdi and the Mahatma Rhynie Temple in Scotland. As I tuned in to the spiralling energy fields within the first kiva, I realized that only one of this energy vortex's star tetrahedrons was active, so we activated the other counter-rotating star tetrahedron and left. This kiva is one that has been rebuilt and brought back, as closely as possible, to its original state, so therefore it is covered and you descend into it via a ladder. There are Rangers in this place and my friend Clair Sananda Destiny was sat on a bench next to the entrance of the kiva with a Ranger. The Ranger had said to her, "Your friend is down there for a long time." She jokingly replied, "He's picking up his e-mail" and then went on to share with him that I was communing with the Anasasi and the Hopi Ascended Indian Elders. He replied "Well, the Hopi Indians come here and tell me they commune with the Anasasi, so why shouldn't this guy from Scotland." It just goes to show what being around this kind of energy, and being in these kinds of places, can do to expand your consciousness.
As the day went on we did other kivas. One kiva I climbed into was very deep. There was a sign saying "No Entry - Do Not Climb - Violators Will Be Prosecuted", but I decided through guidance from Wottanna that I was safe from prosecution and that nobody would even see me sat in the bottom of the kiva. So I took my sandals off and started climbing down the brick-lined walls, sticking my toes and my finger ends in the cracks so that I could safely climb down. Once I was in the bottom of this kiva I realised that this one was activated and it was a very powerful energy vortex, and if I stood still, upright with George held in one of my hands, that the energy vortex was enough to make me spin physically around and around. Here, again, I cleansed, blessed and made offerings to the Earth Goddess so that she may be helped further into her wholeness and into the energy of Mahatma and love. We did a few more kivas and then decided it was time to go and further explore the mesa.

We had the guidance to go up on top of the cliffs of a canyon, where below there were dwellings, to do a Medicine Wheel ceremony. Our friend, Roger Kerr, is a pipe carrier. When we left Denver I didn't know this. He is also experienced in Medicine Wheel ceremonies. Roger laid out the Medicine Wheel and then invited myself, Clair and Renee to come inside the Wheel and sealed the Wheel. Wottanna gave me guidance that I should again ground the Mahatma energy into this place through the middle of the Medicine Wheel. George insisted on sitting in the middle of

the Wheel. All the way through this ceremony of grounding the Mahatma energy through this Medicine Wheel, George literally flashed with light. He has this potential that his teeth light up and shine very brightly with a golden light. During this period the golden light was there continuously. I did a channelling from Wottanna, but it was so windy on top of that cliff that the tape recorder only recorded the wind and not my voice, so that channelling is lost. I am used to that, though, because I understand that changelings that are lost are not actually for public consumption. So we packed up our Medicine Wheel and departed. Again, we stopped at another place on the cliffs of the canyon and just stopped, got out of our car and tuned in. We had messages from the Dracos of Alpha Draconas. A Pleiadian ship appeared overhead and the beings within the ship communicated with us. They told us that they were working with us, that they were very interested in the work we were doing upon the body of the Earth Mother. They told us that they were not only working with us, but were surrounding us with a pillar of light and a pillar of love so that no beings that were out of alignment with the light may interrupt or may have interrupted our work. During this period of time on Mesa Verdi I knew that I was integrating my Anasasi self, this being known as Washataka. During this time of integration I had a language flowing through my mind which, on numerous occasions, has flowed through my mind on earthworking expeditions and during earthworking trips. I never knew what it was. I thought that maybe it was some sort of extraterrestrial language and that some extraterrestrial beings were attempting to communicate with me in their own language. But deep down I knew that I should know this language. Little did I know what was to come the next day!

Well, on day two of our journey we had stayed in Pagosa Springs and, again, I didn't know that our friend, Roger Kerr, owned some property near this place Pagosa. It was a hill outside of Pagosa Springs in this rough kind of area where there were some trees, some scrubby oaks, loads of grass and water and the hill wasn't very high - maybe five or six hundred feet. Our brief was to go to the top of this hill and open up an energy vortex - open up an energy vortex through which beings from Arcturus, from the Pleiades, from the system of Orion, from Draco, from Alpha Draconas and many other places, could come through into the third dimension and also through into the Inner Earth civilisations. Any time we ever open up these vortices we never set any criteria about the beings that may use these vortices, because we know that in the eyes of Mother/Father God nothing is negative.

It is only humans who deem things negative and positive. Humans are very quick to judge and they have lost the realisation that when they judge they merely judge themselves. These energies that humans deem to be negative are merely energies that have taken it upon themselves to teach humans discernment and discrimination; to teach humans what it is to be enslaved in consciousness and body; to teach humans what it is to be controlled in consciousness and in body. That is all. These energies are of the Creator. There is no energy present in creation that was not created by the Creator. So we must understand that we need to get out of this habit of judgement.

So we arrived at Rogers Hill and spent some time climbing the hill. It was decided that we would again build the Medicine Wheel and do a pipe ceremony as part of this vortex opening, and we would also do an Earth healing ceremony. Again, little did we know what was in store, for we had not yet realised that the healing would not only be for the Earth but would also be for our friend Roger. We received the guidance that Clair and Renee should stay outside the Medicine Wheel and the ceremony started by me walking around the top of the hill and dancing in a ceremonial way and also, as well, making loud noises and loud sounds in a language that I recognised from previous times - the Anasasi language. I looked up into the sky after Roger had built the Medicine Wheel and there were two hawks spiralling up. They came up the side of the hill and spiralled up above us. I said: "Wottanna, is that you?", and he replied " I am one and the other one is my female aspect. I now open for you an energy spiral that it may be easier for you to do your work, brother. Know that I am with you, as I always am, and just now relax and follow your guidance." So once inside the Medicine Wheel I understood that although I didn't know what I was saying, I should keep on speaking in this language, that this language was the language of my ancient self, Washataka. I held my hands up to the sun and asked that the Sun Beings be with us, that they may help illuminate us and illuminate the planet and her people. I asked that the Stone Beings be with us and I asked them to help us ground the energy of the Light Beings, to illuminate and heal the Earth and her people. I asked for the Spirit of the wind to blow away the fear, to blow away the darkness that covers the truth. I asked for the Water Beings to be present, so that they could wash away all those things which were hindering us in our understanding of what Creation really is and what we really are. I called upon all the other Beings that I know of, to also help us in this work. Then I was given a communication from another spaceship in the sky. I looked up, and manifest there was an Arcturian ship. My friend Arcturus, known to some of you as Lord Arcturus, was there communicating with me, saying that they were there to help us ground the

light; that they were there to help us to become light and they were there to help us become love. Then Wottanna prompted me to get on with the ceremony, to get on with the job in hand. Again, I started chanting in Anasasi. I circled the Medicine Wheel constantly chanting.

Then I was given the guidance to go over to Roger, who now sat cross-legged in the middle of the Medicine Wheel with a pipe in his hand. I put my hands on his head and asked that he should be healed. I spoke to his I AM presence and told him, or it, or him/her, whatever you would like, that it was about time that suffering in the physical was over, and now Roger was ready to take on his role as a being of light and an earthworker. Roger's glorious I AM presence told me that I had permission to carry on with the healing and that he had permission to be healed. I then was guided to put my hands upon his body in different places. I first of all put my hands around the area of his solar plexus and felt this ball, this crystalline ball, which was black and in some ways looked like obsidian but did not shine. I knew that this was an implant. I pulled it out and threw it up into the sky so that the energy of it could be transmuted into love, and all this time I was chanting.... (chants). Of course, it will be impossible for you to translate that, but there was much more. You may recognise this language, for Wottanna guided me to put some words of it for you on this tape. I was guided then to go to his neck and again I put my hands inside his neck and pulled out another implant.... (more chants). So I again turned this implant into light and offered it to the Lords of Light for transmutation.

I felt then that there was another in his spine, half way up his body, so again I pulled this out and transmuted it into love and light. During this time Roger had fallen over backwards and was writhing and wriggling and making some very, very unusual sounds. There was a stage when I thought to myself, well, I'm very glad that I'm an experienced worker in this field, because if it had been 20 years back I would really have been afraid that he was dead and that I would have been responsible. Of course, now that I know that if he wants to quit his body then it is perfectly up to him and I am not responsible. But I stood back and looked and I noticed that his solar plexus was moving slightly and he was still breathing, so I realised that we had managed to achieve the removal of the implants and to achieve the healing without him actually losing his physical body.

After some time Roger came round and said, "Wow, I guess that's it!" I knew it was it, because Wottanna told me, and my Washataka aspect had said okay, now the ceremony is over, you must rest. So I laid upon the ground and allowed the energy that was flowing through me and my star tetrahedrons, or my merkabah Lightbody, to flow into the Mother to further assist her healing. During this time Renee and Clair were sat underneath the trees. Clair, every time I did something different during the ceremony, pulled out a Medicine Card. I am also going to send you, with this tape, Roger's account of the adventure on the hill, and I'm going to send you as well the tape with the channelling of the Medicine Cards on it. I know that there may be some difficulty in knocking all of this together into a story, but if this is so, please let me know. I lit the pipe after offering it to the Great Spirit and all the Spirits, after calling in Tunkashilla, and we smoked the pipe, Roger and I. Roger then gave thanks to all beings that had helped in the work, and I also gave thanks to all beings that had helped in the work. Roger opened up the Medicine Wheel and I walked out. I walked over to Clair and Renee and they looked shocked. Their mouths were just hanging down and they really didn't have a clue as to what they had really seen and heard. All they knew was that it was amazing. The first words that Clair spoke were: "Wow! John, it's a pity we didn't have a camcorder.

It's not every day you see an Anastasi shaman at work." We then left the hill and, as we got into the car at the bottom of the hill and drove off down the track, we drove in silence. The rest of the day was spent in silence as we all integrated what we had been through, what we had seen and what we had done.

MIND CENTRE ACTIVATION.

The human brain is part of the divine mind and by activating the human brain it is possible to link with the divine mind. By doing this we realise that we are divine. The mind brain of human beings is like an aerial, it connects us to the Light body network of the whole of the cosmos like an interstellar radar; a sensitive reception centre for the highlight energy spectrums. It is a bit like a quartz crystal it amplifies incoming signals, and stores them for further use. The human brain is a masterpiece of sacred geometry in its crystalline form that attracts these cosmic energies. The skull can be seen as a solid-state crystalline receiver that functions just like a highly sophisticated radio transmitter and receiver; the human skull is a living geometric interface with a crystalline template of energetic coding

and refraction.

The skull could be likened to the exterior form and functions of the great temples of the world. The temples are inter-dimensional channels of communication for humans, the temple structure functions as a mirror of both the heavens and the earth. In every facet of its form, the sacred geometry and the architecture of the temple of Luxor and geometry of human skull as well as the major brain areas and the rest of the body is similar, it could also be said that there is a great correspondence between the skull and the cathedrals of the middle ages. So you could say that your skull and the cathedral of Notre Dame have a lot more in common than you might think. Every geometric detail of the temples architecture reflects it's purpose of functioning as an into dimensional channel for communication, all the great temples, including the temple of Luxor, the Great Pyramid, Stonehenge, Notre Dame cathedral and others are tuned to the spectrum of light so we can see that they do function just like the human skull. Again I say the brain of man is part of the divine mind and as man discovers that he is pulsating geometry of the divine language system you will become enlightened.

It is necessary to reprogram the human brain to enhance its inter-dimensional communication capacities, this reprogramming means that the solid and liquid crystals in our brains have their molecular structure realigned and the axis of their crystals realigned also. The keys of Enoch tells us that in order for your brain to accept new knowledge we need to put the new bioengineering process to work, this will correct the backwards evolution that we have been going through in these modern times.

Presently, your brain works according to the consciousness plan of this species. The brain circuitry must be changed in order to go beyond this programming. It is necessary as part of the reprogramming process to activate the urim circuit, and as this activation takes place, information is transferred through the Light body to the earthly self. In the earthly self or physical body various cosmic energy locks are opened that make it possible to overlay the Light body and open up its high energy communication channels. This gives access to what is known in the keys of Enoch as a crystal recorder cell. This cell holds information, which advanced physical intelligence can directly tap into, if they have a crystalline network within the brain cavity. For this reason the brains of advanced physical beings will reveal that the left and right hemispheres are fused together and a small crystal will be found in the right frontal lobe. This acts as a crystal recorder cell, and allows the brain to understand the language and indeed channel this language of higher evolution into the rest of the brain. This of course brings about great changes in consciousness. And the process of enlightenment takes place.

Here is a way to activate
This is a meditation and activation process for two people to work together. It is a step-by-step mind-brain activation process. It can be done sitting upright or laying down.

It is very important to centre yourself for this work, call on the mind-brain activation team from the Masters of LIGHT and LOVE to aid you in this work. Ask your higher self to guide you as well as the Masters and Angels that you work with. Connect with your heart centre and unconditional LOVE.

Place a crystal at the alpha and omega charkas, (I will present more information on these chakras later). The omega is just above the 7th and the alpha is just below the feet.

The person receiving the activation and the facilitator should at this time visualise the energy flowing through the crystals and into the whole of the chakra system. You could also see the crystals spinning; this will make it more powerful. See, feel allow and imagine the energy shooting out of the omega chakra at this point.

The facilitator takes a crystal in each hand and holds them about 2 inches away from the sides of the head, then after a few minutes, start to make circular motions with the crystals in opposite directions. Do this for about five minutes. (During this time allow all the channelled energies to flow through you as well. These circles should be as big around as the head. After five minutes start to reduce the size of the circles until they are about 2 inches in size and make the circles as fast as you can. Allow about 3 minutes for this.

Rest the arms now if you need to, and then hold the crystals with your hands still about an inch from the temples of

the person.

Now position the crystals about one inch from the head at the front of the head on either side of the 3rd eye. Again make circles in opposite directions, do this for 5 minutes, then reverse the rotations for the same amount of time. Then hold the crystals for a minute or so.

Do the above step again at the back of the head.

Hold a crystal in your hand with the point facing upward and place the hand at the base of the skull at the back, (the medulla). The crystal should point through the brain towards the 3rd eye use right hand for this, also place your left hand with the crystal pointing towards the medulla on the 3rd eye. Make circles in opposite directions for two minutes and rest holding the crystals steady for a minute or two.

Now place your hands with the crystals in them on the temples of the person, the crystals pointing toward the 3rd eye. The person should at this time focus on their 3rd eye and the activation of it.

Now point the crystal in the right hand toward the right frontal lobe, place the left hand over it and make circles with the right hand. Do this for 2 minutes and then reverse the direction of the circles. This will activate the divine recorder cell in the brain.

Take time to absorb the energies. Thank the beings that help you in this work and be kind to yourself for a while!!!!!

THE VIOLET TRIBE

CHANNELING FROM GERMAIN.

Good morning. I am Germain.

The violet tribe, people wonder what is this. What kind of idea or what kind of concept is this. Let me tell you that all ones that are attracted to come in to Shamballa are all 7th ray beings, are all predominantly working with 7th ray energies, the colour of the 7th ray violet. Hence, the violet tribe, but there is more to it. Not only are these beings working with the violet ray or the 7th ray. There is a large number of beings that have been involved with planetary history since the very beginning, since the very creation of this planet. These beings are multi-dimensionally known or esoterically known as the people of the true Israel. And when we speak of the people of the true Israel and the energy of the true Israel don't confuse this with that place in the Middle-East that really is Palestine. Israel was another illusion created to keep strife and struggle alive on the planet. The reasons why are not important in this moment, in this discussion.

So, the beings of the 7th ray and the violet tribe, understand many will say to this channel I use, when he is working in different parts of the world, in different cultures, with different races and people, in different tribes, they will say: where do I know you from, I seem to know you forever, where did we work together before? You've all worked together before, you're all working together now, whether you know it or not. Your incarnation, since you took this incarnation you've been working together, whether you know it or not. This is why, when you heard the word Shamballa, or Shamballa multi-dimensional healing, or Haridas or Hari Babba you were attracted to it.

So, what are the people of the true Israel doing, what are the people of the violet ray, what is your place, what is your service, why do you incarnate at this time on the planet in such large numbers. Because the time is right for change. And when the time is right for change and when the consciousness of the beings of the planet is ready for change, how is this change facilitated? In many different ways through the transmission of information from galactic centre, through the transmission of information from the planetary systems that you may know as the astrological signs, from transmission from groups of beings which someone call the ascended Masters, but believe me, the ascended Masters

are not the only ones wandering around in multi-dimensional reality. Do not make that mistake. They are not the only ones that have knowledge, energy and love. There are many, many, many others and in fact this term that you use to describe these beings that are commonly known as the ascended Masters in some ways is incorrect. But that's OK. Now many upon the planet have come to associate these energies with the term so we won't start insisting with the change. We'll just adjust things slightly energetically so that when you say ascended Master you do link with this collective ascended consciousness of those beings you come to know and love.

So what is your place? We've told you it is to aid this planet and the beings of this planet to move from the slavery that they are in into the freedom that is their birthright. For some of course, who'll stand in front of groups of people and encourage them to become free. Others will just be, move around the planet, just be, live your village, live in your town, even do a mundane job, you're still energetically bringing the energy of change. It's not for everybody to run around the planet, shouting about freedom. If everyone in the violet tribe were running around the planet, shouting about freedom all the aeroplanes would be full. You wouldn't be able to buy a ticket anywhere. We don't want that, we don't ask that from everybody. What we ask is though that you understand that you, each and every one of you, have the remembrance of your place, the remembrance of the memory of the violet tribe and are the people of the true Israel. That you keep focused and that you remove fear from your consciousness.

So now invite the Mahatma energy, simply by repeating the name "Mahatma" and allow its gold aspect to flow through you, and through your channel into the Earth. Just allow the word "Mahatma" to flow through your mind. This will link you in with the I Am Presence of the Source. Now bring this energy through your central channel. Allow it to radiate into all your body and into your auric field. Allow this silver and gold energy to start permeating your cellular structure and your aura, expanding your aura with the energy of the Mahatma. And as you fill your aura and your cellular structure with the Mahatma, allow it to flow through your feet and your Earth Star into the Earth. If you are having difficulty with grounding, ask the Archangel Sandalphon to help you in this grounding process. He always appreciates being called on.

Now move your attention to the area of your back, between your shoulder blades, where your thymus gland is. This is your true heart chakra. Many ones would know it as the higher heart. Allow this energy of Mahatma to flow in through your heart chakra, to energise your heart chakra, and to open you up to these feelings of love, these feelings of light. Feel your heart chakra opening up like a satellite dish, drawing in the silver and gold energy of love. And now as this energy of love is flowing through you, I'd like you to just say in your minds: "Trigger the Light, the Light, the Light. Trigger the Light, the Light, the Light."

Now I would ask you to see this Light flowing more and more into your cellular structure. See in your mind's eye, your third eye, or using your clairvoyance, see yourself becoming more Light. See this Light permeating the totality of your physical body. You will find that there is no resistance from the past holding you back. No resistance stopping your cellular structure from becoming Light. This energy of Mahatma has never been misused, so therefore you don't have cellular memory about being harmed by this energy. Feel this Light expanding into your aura, and again repeat in your minds; "Trigger the Light, Light, Light." And as you repeat this word "Light. Light, Light", feel the Light expanding further within you. Feel yourself becoming Light.

Now at this stage it is as well to know that your subconscious mind does not know, because of its subconscious's, that you are a fourth/fifth dimensional being.

So now make the affirmation within your mind: "I am a fourth/fifth dimensional being. I am Light." And now repeat in your minds; "Now you know, now you understand, that what you have just witnessed on a cellular Level has nothing to do with the third dimension." And now repeat: "I affirm my four body system is now fourth dimensional. I Am That I Am."

And now I would ask you to visualise your four body system.. First of all be aware of your physical body, to which your etheric body is attached. Then your emotional body, which is nine inches beyond your physical body. Then your mental body, which is about sixteen inches beyond your emotional body. And beyond your mental body is your spiritual body, which is omniscient, omnipotent and omnipresent.

I would also ask you to think of the reason why you are in your physical body. It's because of your emotional body. Now by breathing out, see those things which are no longer needed being released from those areas of your cellular body that are not in harmony. As you breath out, breath out the fear from your cellular structure. As you breath in, breath in the energy of Mahatma, this silver and gold energy. After each in breath affirm, "I am the Mahatma." And as you breath out affirm, " I am free from fear. I am Love."

Now we will just take a brief moment to again allow that gold and silver energy to flow through us to our Solar Stars into our cellular structure, through our Earth Stars into Mother Earth, through yourselves, and see yourselves becoming enlightened, becoming beings of Light. And now concentrate again on your out-breaths, breathing out to release that crystallised third dimensional consciousness. On the out breaths see it leaving your physical body, passing through your emotional body, through your mental body and into your spiritual body, (this spiritual body of course is your Lightbody). See this crystallisation of fear. See these crystallisation's of misdirected energies being transformed into Light.

Now let us concentrate on the opening of our physical body chakras, starting with the base chakra. Breath deeply, and breath through your base chakra. And as you breath out of your base chakra, see all these energies that have disassociated themselves from the Light, moving out through the emotional and mental body, into the Light. Saadalphon will help us with the grounding into the Earth. Again feel the energy of Mahatma enlightening your cellular structure, and see that your entire four body system is becoming Light. Your entire four body system is becoming Love.

Now see and feel the energy of Mahatma permeating your entire body and energy body and energy field. And again, release into the Earth all these accumulated energies that are not of the Light, and allow the Mahatma to flow into your base chakra. Again, concentrating on your base chakra, repeat : "Trigger the Light, the Light, the Light.

Expand, expand, expand into the Light. Expand into the Light."

Now we move to our second chakra. This is the polarity chakra, and it is important to integrate the two polarities, male and female, the right and left side of this chakra. See your second chakra spinning as one energy, the yin/yang symbol in the middle of it. See this yin/yang turning to white.

Now let us move to the third chakra. Again see this third chakra becoming empowered with the Mahatma, with this energy that is clearing out all the accumulated energies, and again trigger this chakra with the Light. Repeat again:

"Trigger the Light, the Light, the Light. I affirm I am Light."

Now let us go to our fourth chakra. And again see this chakra spinning in a balanced way, energised with this gold and silver energy, and again make the affirmation: "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Light." Allow your heart to open even more, and feel this expansion of the Light, this expansion of the Love within your hearts.

So now let us bring this Light into our throat chakras, activating our throat chakras with this energy of Mahatma, this energy of Love, so that we may speak about Love. so that we may convey the idea and the energy of Love with our voices to others, that we may verbally channel this energy of Love. And again, as you see your throat becoming Light, repeat the affirmation: "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Love, I affirm that I am Light."

Now let us move to our Third Eye. and again for this energy flowing through our Third Eye, activating our clairvoyant and channelling abilities, that we may use them in association with the Light, so that we may channel words, channel pictures which will help the rest of humanity to realise the Love. So again for this energy of Mahatma, this energy, of Love, cleaning out the accumulated energies that are not working in accordance with Divine Will, and again: "Trigger the Light, trigger the Light, trigger the Light." Affirm that your sixth chakra is Mahatma.

And now let us move to our crown chakras. This chakra is like a thousand petalled lotus, a lotus with a thousand petals. See it becoming an open flower, and cascading into it this energy of Light and Love, this gold and silver energy of Mahatma flowing through your thousand petalled lotus, through your open channel, through all your other balances chakras, and through your Earth Star into the Earth. Again trigger this chakra with the Light. "Trigger the Light, trigger the Light, trigger the Light. I affirm I am Light."

And then if you visualise two meters, or five to seven feet above your crown chakra a star. We will call this your Source Star. This, my brothers and sisters, is your twelfth chakra, your twelfth chakra. Visualise a golden thread between your twelfth chakra and your crown chakra. Just visualise this golden thread connecting this star with your thousand petalled lotus in the top of your head. See and feel this gold thread becoming stronger, firmly connecting you between your twelfth chakra and your crown chakra. As you build this golden thread it will expand into a channel, and through this channel you will be able to bring your creative abilities through, which are inherent in you. Once you have built this channel connect this with your developing channel from the crown chakra to the Earth, and expand and expand, constantly taking the Mahatma energy, from Earth to Source and Source to Earth, over and over again, and as you do this, expand this tube, expand this channel. So just bring the energy, from your twelfth chakra, this Source Star, through your crown, through your body, back through to your Earth Star, and then bring the energy upwards again to your Soul Star.

Now expand and expand, until there is nothing but Light.

These exercises are the beginnings of your journey through the three hundred and fifty -two levels from Source to Earth, and from Earth to Source. With this activation of your twelfth chakra is possible for you to go onwards and upwards, through all the levels, to the Source of Mahatma. Now feel yourselves becoming connected though all the three hundred and fifty-two Levels, right down to the Earth, and allow that energy of Mahatma to flow.

Greetings to you. This is Zetin Nab and all your friends here and we have great excitement for the commitment you have made. Great joy in your surrender and your acceptance of our advice, for this is the way we can assist you. And we wish you now to connect with the essence of the smoky quartz crystalline being that came your way so recently in Edinburgh.

The one that has indeed been working with your team for a long time in full knowledge of its birth into spherical form as an incarnation which would allow it to be part of the team, in full knowing of its work in healing the Earth and guiding the inhabitants of the Earth towards their divine being. As you hold this sphere and connect into this being, you'll feel the swirling pools of energy that flow up and down your energy field as its very interaction with you creates a bonding that is more stable and grounded than each of you can achieve on your own. This being works through your Earth star, through that point in your energy field which is a vortex for Mother Earth and loops into the different circuitry of Earth energies that can flow and connect you with many of the energies under the Earth, clearing pathways and channels of energy, taking your awareness down to the subterranean regions. And as we work with you above, high in your energy field in comparison, we create our pattern of holding open star gates using the Star of David anchored in your heart. And now feel that there are points beneath the Earth on a far larger geographical scale which link up with this star of David, and this being connects in to these points.

So be aware of us holding the gates open for star consciousness to merge with Earth consciousness, and that at each pinpoint of the Star of David's shape, there will be corresponding sites in the Earth, and each of these has a Star of David above connecting to star consciousness, and also a Star of David which is setting up right now around these points. So to explain this image of energy patterns- from the central Star of David which is created, there are other Stars of David at each point and apex of the star configuration. And we say now that this goes on into infinity, for as you hold this space and allow this energy to connect through you, with our assistance and the assistance of the Earth guardians, there is a link up of Stars of David all through the Earth.

So where you yourself hold the heart vibration for the central one, there are others that you are linking into who hold

the heart vibration at the apex of each of these stars. And also there are the stellar beings who are assisting in connecting star consciousness with Earth consciousness through every heart. There is always a perfection in timing, though as you are aware, we use timing in the sense of energetic structures and other dimensions being aligned to connect in - that is our sense of timing and this timing today is perfect to allow all this to happen. It is for you to hold this resonance, to feel the energy flowing to these main grid work points. And you will get a sense of where they are. (long pause) The Earth points, as you know them today, are linking up with the pattern that was established a long time ago in perfect universal symmetry, although now the symmetry is somewhat changed.

Greetings to you. This is Zenith Nab and the team which we call the Emissaries of Oneness.

There are of course many members to this team, for in effect we are all working towards oneness. So this name is one which we use for ourselves and we say this just to let it be known that we are not the only Emissaries of Oneness. We would like to take you tonight on a journey out into the stars, so that you may reconnect with us. Allow yourself to relax and to feel the flow of our energies around you, to feel that, as all of us are present, that this is your safe space for now.

That it always is whenever you call on us. And feel now as though you are sitting in a very comfy armchair, secure and content, aligning your will with the divine will, with your heart open to allowing in the energies of our love and the love which connects and binds you deeply into source. For this truly is a connection, to know, to feel.

And we wish to explain more this evening of your essence, your essence self. So feel as though your physical body is left comfortable, and take your awareness up and out so that you are now looking down on the self that is sitting here. And join with us now, with the parts of ourselves that are representative here, embracing the energies which each one of us brings to you, and see as though we have connected a time travel tube, a space travel tube, into the energy field which you hold in the physical, feel your awareness of this growing as you sense its presence, and in an energetic form as it were, take us by the hand. Tizen will stay as guardian here at this end, along with Aachmene and Amenane. Alfreze, myself and Redishula come with you and join with you now as we go and position ourselves at the entrance to this space and time travel tube. And you are aware that this is the same one whose presence you felt when you were in Edinburgh. To come with us now, journey up and through easily. As we come to the first gateway and you find it is triangular in shape, and as you prepare to walk through with ourselves, we are entering a pyramid and it is beginning to spin. Joined now by another inverted pyramid and you find yourself in a double tetrahedron, spinning gently at first. And let it spin faster now, faster and faster, and as it spins you feel as though layers of yourself are spinning off, selves which do not need to travel with you. They will be held safe here for your mergence on your return and re-entry into the Earth's atmosphere. Let it spin faster knowing that the you that is at the centre of your being here is an essence self. And when the spinning slows down and stops, know that as you walk out of here now you are in purer, higher form. We continue now our travel through one of these tubes, snaking its way, winding with speed. We travel now to connect into the energies of Sirius and as we all land here with our consciousness, we use this as a stopping off place to go further afield. And as you enter the space which is like a great, vast hall of light with many tunnels leading off, let us take the one which leads towards Arcturus.

And once you have located this one ...(long pause)... And we journey now until we approach another pyramidal shape with a being inside, a pyramid of star consciousness, to connect with that being. And it is one of the keepers of time. We are here to guide you and experience this for ourselves and yourself together, as we stand and locate an appropriate present moment to enter into the Arcturus system, so that we may co-ordinate points ...(long pause)... Now let it all wash over you as you absorb the energies needed here. Recognise for now that it is important for you to put your trust and commitment into this work we do together. And let us now step along this journey, speedily as we go ...(long pause)... We feel that most of this work for now has to be done on a level not for the conscious mind. But to prepare the way and to take you this far means that you're able to sense where you are going and to deepen that connection to your essence self. So experience that for now. And know that you are in a gathering place of many of your counsellors who work with you at this moment, that more will be revealed to you at a later date. So let us guide you back, saying farewell to those who have been working with you, transmitting energy to you for you to receive, and lets wind our way back through the tunnels, past the time keeper, past Sirius, through and coming now down into the Earth plane, allowing other energetic fragments known as your Earth energies, the energetic goings on which are here for your growth, involving issues to deal with, your potential. You're bringing back with you a very different element

of essence self and soul, bringing that now into your life. So feel yourself now re-entering this energy field here, and becoming aware of its components, and back into the physical body. We thank you for this attention, for this time together, to allow us to do more work with you. And we do ask you to keep this contact as regular as you can, to allow us to develop this. So we say farewell for now. And just bring yourself back fully into your body, gently re-assembling, and open your eyes when you wish, to feel very fully present and in the 1 2 3 4 5 say awake now and open your eyes
clap your hands loud!
you will remember everything you learned, lucidly, forever, you are free.
room.
Greetings to you. This is Tithen. And as you are well aware there is much adventure ahead and much excitement if you can feel that within you. And allow that energy to carry you forward, for we all know where we are going, we are all to connect together, to myself and a group of beings from Orion who are here, and we will be working together with yourselves to make the connection strong.
take a break, merkaba cruisers, :)

So just open yourselves to feeling our presence.

We stand here as a group assembled and there have not been many times when we have chosen to assemble together. In some ways we are becoming familiar with one another's energies. As a group we have not often worked together. We are in knowing of each other and yet this occasion marks a beginning of an alliance of our work together. The Orion star system is large and each one of us here represents different factions within the energies that operate the system. And with each one of you there will be a being to connect with more fully, one whose energies has made themselves known to you before now.

And we shall just say a few words to begin with and encourage this one here to hold the skull in her hands. We will say a few words about the skull to begin with. It has been formed by ourselves and the group of beings that are present here. When we say it has been formed through our efforts jointly, we have focussed the energy that is necessary on our plane of existence to create and manifest an energetic being into which each one of us has imparted our energies and this being, this creation, has been created in what would be called your future time. Then to allow this to manifest on your Earth plane we have great freedom in techniques of travelling the time line to be able to produce a physical manifestation which comes to you with a story of its being, formed in Brazil and taken across to your country and sent by post up to Aberdeen, so in effect we have created it in your future time, dropped it into your past to allow it to be here in your present. It has within its crystalline essence the information of the healing of Orion. It contains some data on the times in Orion which correspond with your own memory banks of experiences, but it is not here and it is not manifest for this purpose alone.

The important information that it carries is the information encoded on the steps forward and its very resonance of being here with you will allow these steps to occur. It is very necessary for it to be with you for there has always been a certain dynamism and volatility in this star system because of the journeys of all the groups and races and species that have inhabited the system. The stories of conflict and wars are well known. And now, at this point in your Earth time, it is necessary to have a being, a creation such as this, which contains the harmony of power, of light, which has been darkness effused with light - and in a sense it needs to hold its presence here so that all who are involved with this challenging and at times personally it will feel uncomfortable task - to ride the waves of energy throughout the fears and the darkness which remain in residue form within many of the peoples around you, and yourselves included.

So you may imagine that to have a beacon such as this is, which radiates out from the future showing the way of all harmony, throughout these some not at times perhaps perceived as perilous experiences, that each one of you may strongly feel this pull from the future, the future of light resonating with this immense power, so that the healing will be completed as indeed it is. It is our gift to assist in the task that you have undertaken.

And now we will leave you to allow you to connect in with the other beings here and to give voice to them if you so desire.

Greetings. I am Tathen Ua(?) and the feminine counterpart of the master Tithen. I come just to be with you, that you may know me. That you may feel this feminine aspect of the power that is spoken of. And we will connect again at another time.

Chris: The particular connection being built up here and stabilised I think. Greetings from the light. This being who speaks to you now is one of the essence beings of the light that comes through Orion; from the beginning and always with you but now becoming real, for in your reality a dormant light is waking. This you yourselves are experiencing in your bodies. We come from beyond all limitations for we seek for you to bring into being a(?).... pattern of growth which is timelessness, for to grow outside of time(?)....

The pattern of growth is like this; the growth comes in the moments when you leave time and become timeless, and return into time as your chosen different being. This is accomplished many times and this is the true nature of growth. And so now it is time for you to exist all the time, inside time and outside time, so that you may grow into universal beings, to express in the totality of your beingness, all that is, for this is the source of joy. And it is your purpose to be joy on Earth, to enjoy joy and to mirror joy to the rest of creation. And so, within, this is how you may heal, by finding joy within. And within every aspect you find joy and then let joy be(?).... that reflects your soul to your body and thereby transforms your body into light. So when you have a fear, find joy in the fear and let the joy resonate throughout your self. And as it resonates along with your soul outside time, come back, choose as a being(?).... Each year(?) is a fragment of your self which is closed and wishes to be open. And as it opens the light comes in, the density goes and the(?).... As your density goes and your light grows, so you can hold within your multi-dimensional forms all the light that we are bringing to Earth, and stabilise it by your pattern of vibration so that it becomes familiar to the physical body of your planet. Now begin. The past is gone. The past never existed. It’s just a joke you played on yourselves. You don't need any more because you've got the point.

So let go of that and be in the light and begin. Every moment is beginning. When you are both without time and within time then every moment is beginning, every moment is the new start. It's a new start to your one with the Source. The Source also is the new start. So that in each twinkling of your eye you are made anew, you discover yourselves in each other anew. You do not need to remember who you are for you are essence and they take whatever form it needs. There is no reconstruction required, no remembering required, for each creation is a new creation. This is the message of the light. There is one aspect of the light that is coming to you and with this verbal message has come a transmission to each of you at the cellular level, touching off one strand of DNA for each of you and this is a strand that deals with timelessness. So this is awakening in you the spirit of timelessness, the absence of time, the coil or spiral which is your God spiral and around which the others weave their own pattern. This is the strand upon which the others were built. But this strand has become dormant, has been dormant, while other subsidiary strands have been what you've chosen to operate on. You don't have to do that anymore. You're free to begin again.

You haven't made any mistakes because there aren't any mistakes to make. I leave you now.

Be in peace.

Greetings, as Tathen Ua(?) I return briefly, bringing with me my message of the light and the power. And the energies of the Goddess is now free and welcome to travel through this star system Orion and it has not always been the case. Now it is and it is with much joy with all of us here that we see this unification, that the light of the Goddess catch hold here and come through the system, to yourselves and to many others in a way that has not been possible before. The doorway that was spoken about earlier, the multi-dimensional doorway from universes beyond, is not so much a doorway that you know of and a doorway may even be a time which limits. If you can imagine now a doorway, a portal, that is more in the nature of revolving doors that you know, so that the light that is coming through from the Divine Source of creation, comes through and radiates about always, simultaneously, and It's such a joy for all of us to be here, to be present, to witness this. May our light be with you and may our light empower you and with our blessings we leave you.

The collective consciousness of Humanity

Transcript of tape dated 25 May 1996 recorded at Rhynie.

Greetings to you. This is Ewishwa. We have much to say to you and your fellow beings on the Earth plane just now about riding the waves of light that are coming in to the Earth, stronger and stronger. As more light workers throughout the planet are opening up to these frequencies that are now available, the light that has been coming in is stabilising and this will greatly assist in stabilising the energy to hold the next wave of light. So we urge each and every one of you through your meditations to be aware that you can open up your energy field to be a conductor for this light. And this light will serve you, for the light will come in and make the changes that are necessary. This light is light of your soul, light of your greater being and the light of the universe in its state of change, and it will assist you in clearing your emotional body, your mental body and your spiritual bodies. In this clearing work there will be periods of uncomfortability as the things that do not serve you now need to be let go of, as the entire dynamics of your lives need to change in response to this light.

So as well as serving you personally, when you are clear conductors of this light you will be allowing it into your energy field and we ask you to connect with the Earth, to be conscious of opening up your energy field at the bottom to connect into the Earth's energy field and to send this light that passes through you down deep into the Earth. This will stabilise the light, this will give the Earth, this lovely lady being Gaia, the energy that she needs in her process of ascension into her light body. The more light that is brought in and ground into the Earth, the more ease there will be when the changes globally take place. For the Earth will be clearing her emotional body too and you are all part of this process, you are all interconnected, and the Earth will react as a being just as each one of you may, with the spewing forth of anger, flowing of the red hot juices from inside the Earth, which will come, and the changing of the seas and the oceans and even the pathways of rivers. The land will becoming different shapes. And this will happen gradually. We do not say this to activate any of your fears. We say this to encourage you, that each one of you has a part to play. And by being aware of your capacity to draw in light and to hold light in the Earth plane, you indeed will be serving well. And to gather together in groups, with those who are the teachers to assist in this work, for the energy of a group allows much opportunity for far more light to be ground in and held than each of the individuals on their own. And these waves of light that are coming to the Earth plane are waves, there are peaks and troughs, so learn to ride these peaks and troughs and the journeys in between by being responsive and flexible in your lives, by not expecting high energy to be with you all the time, by keeping as stable as you can, by holding your trust in your heart, by consciously knowing your part that you play. And the more you bring to the conscious mind, the more you will understand.

And this will also increase stability for with light and understanding more fears are dissolved. We see many banks of fear held by particular peoples throughout the Earth and these banks of fear need to be released. They need to be recognised first of all, they need the calling of light and assistance from the many that are here to guide you, for each one of you has your personal guides who have guides who have guides, and it is time to call in these bonds, these relationships, these friendships with your counsellors, your soul mates, for your guides will always be of the same soul grouping as yourself to enable you that contact with your soul that you may all carry out your life's purpose. And it will be very easy for many to access their life's purpose now. They need only ask. It is not a process of searching at this time. For those that are ready, it is to ask and receive the guidance so they may look at their lives and find the experience that they have been gathering in preparation for stepping consciously into the mission that their soul came to this Earth to do, to be. It's the larger family network that you need to be in knowing of just now, the larger family network of your soul group. Again, this will give you encouragement and stability and joy to throwaway the illusion that you are alone in your work, and to throw away with that all the 'why me?' and 'poor me' and any resonances affecting you that remain within each of you. We cannot stress how much you can change and pave the way for others when you do this work for yourself, for each one of you is connected to the bank of human consciousness and by facing your own fears you are facing the fears of others that is held collectively. By bringing light into your own fears you are dissolving them and then collectively dissolving the fears of others in that bank of human consciousness. And as different individuals work with their own fears from all the roots that they have as access to them, the banks of fears in human consciousness will dissolve and in place of these banks of fear we see a reservoir of love available to all of you to tap into, that you may feel the nurturance and connection and oneness with all. We say to you now it is time to take on your roles as healers and teachers, map makers and way showers, the pioneers. And you can do this in this life time. It is not unfamiliar work to you in as much as your life's experiences in this lifetime have been preparing you for your soul's purpose. You have universal experience open to you, which has been preparing you for what you have chosen to do on the Earth plane. For those who feel the call to heal and to teach, this is not the first time that you are taking on this role. You have access to memories of being healers and teachers in many different realities, many

different dimensions. And so if you feel cautious or afraid of your ego when faced with these situations which call upon you to be a healer and a teacher, align your heart with the heart of the Divine, surrender your will to the will of the Divine, and commit yourself to serving your soul purpose. By daily making these affirmations and statements about who you are, even though you will not be in conscious knowing of who you are when you begin, it allows the way To unfold in front of you and it allows the opportunities to be given to you so that you may consciously integrate this information. It is time, without doubt, to step into your greater being and all that that entails. All that that requires of you is to have the confidence to speak your truth, to be in knowing of your truth, and for each person to do this it will shine, the myriads of truth will shine out to others so that by example they will have the courage and strength to do the same, following your path, your example. And this is how it will all spread. This is how the changes will take place. You need not be shy or modest about your truths - you have not come here to do this. You can make the changes in your very being and that will affect others. It need not even be verbal truth that you utter.

You may just be in the resonance of truth and that will change others and allow them to change others, and allow them to change others. We are all here together to work in this way, to open up the networks that we may pool our energy and resources, that it is all to be shared, that humanity has never been alone. That truth must be heard now. Humanity is part of the brotherhood and sisterhood of the universe, cared for and loved as brothers and sisters, valued and aided, helped in times of need. And to the ones we speak to now, just imagine for a moment that although you are feeling you are in the situation of needing the assistance right now, that at other times in other dimensions in other realities you have been the assisters and helpers, you have been as we are, here to guide. You have been the ones that on another planet in another time you have been assisting that race of natives to evolve because you care for them, because you feel for them, because your love for their planet is great, because your love for these beings with their courage is great, because you know them, because they are your friends and you have been together, and yet now your friend has chosen an incarnation on this planet and you have agreed to guide and assist, to heal and to teach so that your friend who is down there may open up to their roles. And we work in pairs and we work in teams to do this, that there are counsellors available to all of you. In another reality you are the counsellor with all your experience and knowledge and wisdom, and you share this to the native of that planet. So ponder on this for a while and imagine.

And let your imaginations open the truth for you that this kind of evolution that is happening on the Earth is happening on many other planets and stars right now, and that the greater you is there assisting, with the love, the unconditional love, that we have for you. So imagine that you are the guide of another, a twin, a soul mate, a friend, whom you've bonded with and whom this time around has chosen an incarnation, and you are the one with the resources of energy to be there for them as they come into remembrance of who they are. And you are always there. And when they falter or stop or are discouraged or are depressed, you do not abandon them, you do not stay away from them until they are ready.

You are always there right by their side, always, for that is how you can be there in your love, that is the arrangement you have made with this other one. And to give them any sign that you can, to break through the illusions of separateness. And imagine that when they do falter you desire to be there more for them, that you can hold no impatience for your love is too great. And the nature of the love is universal love which flows through you endlessly. So in times of their need you desire to be there more and as they appear to be stumbling about looking for clues. You do not wish to just lay one clue and then another and leave until they find their path again, until! they're standing there ready with outstretched arms saying 'guide me, I call you into my life'. That at the very times when they are wrapped up in illusion and are stumbling around in unknowingness, that is when you desire to be there more, so you lay the clues which they feel sometimes are far apart. All the way there is love and the joy when your friend calls you and you answer, and the gratitude that you feel for being able to assist. And as the gratitude is felt by the one which is helping you, it expands and multiplies for as gratitude is given to you for your guiding role, you feel more gratitude for fulfilling that role. And as they feel joy for being in a greater state of knowing, you also feel joy with them.

And again, it multiplies. And as they develop trust and they discard their fears of you, your love flows and flows. So you can see we are trying to explain to you how it is for us. And for all of you who feel your guides are apart from you, we ask you to imagine changing places.

And you will find much humour in doing this for imagine that you are the one that has been guiding you throughout your life as you have followed many avenues, expressed many emotions, written many contracts and served them with

others, perhaps been led through experiences that have taken you completely to what appears like a blind alleyway to which you've hurtled with full force and with full energy and then had to stop and retrace your steps because it didn't go anywhere, did it? It didn't lead to where you were looking for. So forgive yourself for many false avenues of hope that you have seeded and then followed, for it is all experience that is valuable. And if you can accept and then forgive yourself you will be releasing the hard conclusions that you have come to when found that you have nowhere to go, that it is a dead end, that all your hopes and dreams are shattered. You can gather the energy from these dreams and take the dreams with you now and leave the illusory remains behind for it does not serve you to pick up all the pieces and carry them with you, burdening yourself as perhaps after two or three false avenues of hope you're carrying the pieces of each in bags on your back. Just drop them now, and take with you the energy of the dream, for that will serve you now, the impulse. And what you have taught yourself. These will be valuable for you in your present now. Every single thing which you have achieved or experienced in your life can assist you now. That is your choice. It can either assist you or burden you. And what feels more comfortable to you now? With the burdens that you carry on your back and the pieces that you have inside these sacks, have you anger to release, rage, before moving on and leaving them? Just ask yourself, can you recall a lot of your own energy which you are carrying around in your auric field, sacks of negative emotion? Would that volume of negative emotion not serve you better now if you could transform it, if you could take your guidance and your courage and open those sacks again, face the situations openly without judging yourself. By carrying around you a mantle of forgiveness and a hood of acceptance, so that whatever you find in those sacks you are there to transform, to let it all out of the bag, any secrets that you have held perhaps of behaviour that you know is not to your integrity, the situations where you acted not from your integrity but from other motives, and these you hold as secrets, however big, however small. You can choose whether to continue to carry them around with you or whether you wish to transform them. And again we put to you now the picture of your personal transformation and how that affects the banks of human consciousness. As the secrets and burdens are unloaded from this, as all the deeds and doings of violence and abuse are faced without judgement, with forgiveness and acceptance, and by calling in the assistance of your guides and the masters which work with you, they can be transformed. And the transformation of this energy will make a tremendous difference to the collective consciousness of humanity. For the energy stored here also is great and it can be transformed into an energy of propulsion and motivation for you to find that true self. When we do any work with energy, light or dark, we need to integrate, and the integration of light energies involves facing fears which are the dark. And the integration of the dark energies involves the releasing of all that stands in our way, the secrets of our darker selves, that we may know them, that we may share them with ourselves and release the energy held here.And all involves the integration of self, integration of energy, and all involves the clearing of one's personal energy and the energy banks of human consciousness. For your own personal consciousness is always tapped into the consciousness of humanity. It cannot be separated. And each energy affects the other. So take courage and ask for your sword of truth and bathed in this light of courage go inside yourself, be fearless, be in love, be in love with yourself and do all this work for yourself, with yourself, in love. Our love is always with you. May your love be always with you always.

MAHATMA -

THE PERSONAL ENERGY OF MOTHER/FATHER GOD

Good Morning my friends, my brothers and sisters. This is the first time that I have channelled through this one. It is very, very unusual in fact for me to channel through anybody.

Some of you will know my name, and be familiar with it. My name is Brian Grattan. Brian. Remember the movie, "The Life of Brian"? It could have been about me. I come to speak with you very briefly. I am just grounding my energies through this one more, because as I have previously said, this is the first time that this one has channelled me like this, though I have been talking to him now for a number of days. But I come to speak to you about the Mahatma. Some of you will know that I worked with Lenduce, Vywamus, Djwhal Khul, and Sanat Kumara bringing this energy, bringing this knowledge, into your dimensional reality when I was incarnate. I have decided to hold back my full ascension because I would like to help to incarnate the knowledge of the Mahatma, and the Mahatma energy, through this one, in a more down to earth and non-intellectual manner. I have realised that many ones find my works Mahatma I & II difficult to get through, difficult to understand, so I have decided that I will attempt to incarnate it in a much more down to earth manner. So the Mahatma, Mahatma energy; this channel has taken on the Mahatma energy in a way that I was very surprised. Of course he did work with the Mahatma energy in Atlantis. The Mahatma energy was

known about in the times of Atlantis. We did try to ground and incarnate the Mahatma energy of that time, but we were too late. It was realised that because the Christ Consciousness grid had been broken, that it wasn't the time to ground this energy to Mother Earth and Mother Earth's inhabitants. So then it was withdrawn by the Source. The work I did when I was incarnate upon the planet again introduced the Mahatma energies.

Now many ones would not know that the Mahatma energy was grounded by the Masters and myself, particularly your Planetary Logos, Sanat Kumara, at the time of the Harmonic Convergence in 1987. Many, many people upon the planet involved themselves in the Harmonic Convergence. But if you look back to that time, not many people knew what it was about. Not many people knew why they were doing it. It was only a handful that knew the true reasons behind it. But look what happened. Many people, of course, knew on a higher level what was happening and what was required of them, and organisers and co-ordinators all over the planet got groups of people together in holy sites, temples of light, stone circles, on the tops of hills and mountains, and they just sat and meditated. They held this idea within their hearts and minds that harmonics were converging. Now if you just think about those words Harmonic Convergence or harmonics converging you will maybe understand more of what it was about.

So the Mahatma energy was grounded then by many, many people, but they didn't know what they were doing. At that time also, Sanat Kumara, your Planetary Logos, really anchored his energies into your planet Earth and started the Earth's ascension process and the focus in a serious way. I, Brian, then went out and did some initiations into the Mahatma energy and some grounding of the Mahatma energy, but for a period of time, after I took my ascension, it was more or less forgotten about. People said; "Oh yes, did you read these books * Mahatma I & II ?" People said; "Yes. Interesting, interesting." Nobody said; "We have to work with this energy! We have to give the knowledge of this energy to others, and allow them to work with it."

This word Mahatma is a word of course which many ones of you would know has meanings in Sanskrit, one of the holy, sacred languages. This word is known to westerners mainly because it was part of one of the Ascended Master's names. This Master of course is Gandhi. He was known as Mahatma Gandhi on your planet, for Mahatma has two meanings. It means Great Soul, but not only does it mean Great Soul, it means Father. Then it was decided that this energy, and when I talk about the decision that this energy would be made available to the human beings upon the Planet Earth, it was decided by the Source, the Source of Creation, Mother/Father God. The Source made a decision that the time was right to anchor His/Her I Am Presence upon the planet, the energy of His/Her I Am Presence. This brings God personally into your lives. You see, ones would say that God was already here, because there is creation here, but the personal energy of the I Am Presence of the Source wasn't here. That creative energy and that love and that compassion, which is the source of the energy of creation, was flowing through the whole of the Creator's creation. This love, this energy, which is the cohesive energy, could be summed up, or termed, as an impersonal energy. People would have to work, they would have to meditate and tune in with it to be able to feel the love of this energy.

But now Mahatma energy, the energy of the I Am Presence of the Source, is flowing onto your planet. The Creator's personal energy, the Creator's energy as an individual in His/Her own right, is available to you. So it was decided that through the orchestration of this event known as the Harmonic Convergence, that these two things would happen and that Sanat Kumara would be able anchor his energy into the planet, and the Mahatma, the I Am Presence of the Mother/Father, would be able to anchor its energy. So then we knew that it was necessary to explain to people what this energy was, and also because of the conditioning of human beings, the need to pigeon hole, the need to categorise, the need to name, the need to have a tag, people would say; "Well, how do I tune in with this energy? What is the name of this energy?" Djwhal Khul, Lenduce and others, and Sanat Kumara in conjunction with the Source Him/Herself, spent, what you would term on earth, many hours and many days deliberating on a name for this energy. It was decided that the mantra for this energy would be Mahatma.

Mahatma is a very simple word. There are complicated mantras to help you to tune in to many, many different energies. Of course this is what the science of mantra is - the word is no different than the energy, the name is no different, and this is why, when we say; "Mahatma", that energy flows through you, and when you say, "Shiva", the energy of Shiva flows through you, and when you say, "Krishna", the energy of Krishna flows through you. It is also like the technology that you use in your vibrational medicines. In fact, you don't need the medicine. The name of the substance is no different than the energy of the substance. A few titbits for you to think over.

So I would ask you to start to realise the importance of this Mahatma energy. I would ask you all just to start using this word Mahatma within you lives; and know as you drive your cars, that as you sit and meditate, do your healing sessions in all the modalities within which you work, that as you allow this word, this mantra Mahatma to flow through your consciousness, you are bringing an extremely concentrated form of Love and Light, not only into your own cellular structure, but you are also grounding this Love and Light through your feet into our beloved planet Earth. When you use this mantra Mahatma the Light flows down through your I Am Presence, through your Soul, through your twelve chakra system and into your cellular structure.

Many people are asking now; "How can I activate my Lightbody? How can I increase the radiance of my personal Merkabah?" Work with the Mahatma energy in conjunction with your star tetrahedron fields, and see how quickly your personal merkabahs shine like a thousand suns. This Mahatma energy also is a very, very safe energy to work with. Energies are available to people's energy systems, or their chakra systems, or their antennae systems, which, if you open yourself up much too quickly, you can actually do yourself damage.

You can do yourself damage inasmuch as that you can burn out the filaments between your chakras, not only in your physical body, but in the higher chakras in your subtle bodies. Of course, it has been spoken of as seven chakras, twelve chakras, twenty-two chakras, fifty chakras. I would ask all of you to start thinking about three hundred and fifty-two chakras, because there are three hundred and fifty-two dimensional levels between your dimensional world and the Source Him/Herself. Many of your chakras are also not activated. This is part of working with the Mahatma energy. It is part of working with your star tetrahedron fields. You will be able to activate all of your three hundred and fifty-two chakras, which will link you in. It will be like plugging yourself in to a high voltage electrical system, but this electricity will be smooth and stepped down to a frequency that you can safely handle. This energy as it flows through your monad, your monad knows what your cellular structure can take. You monad knows what your chakra system can take, so therefore it is gentle, it is soft, it is loving. Allow the energy of Mahatma to caress your sub-atomic particles. Allow the energy of Mahatma to caress your cellular structure. Allow the energy of Mahatma to love and caress your lives, and through that, you will become Light. You will become Love and you will become Whole. To coin a phrase which was channelled from the Mahatma through this one, in the making of the Mahatma record, (by the way, I, Brian, would congratulate all ones that were involved I this Mahatma record project. Myself, and all the other Ascended Masters, we love dancing to it. It makes us laugh, it makes us joyful and there is a new saying flying around in the fifth dimension, "Rock 'till you drop."), we would encourage you to here, in your dimensional reality, to "Bop 'till you drop.", because if you listen to the codings that are included in this music, you will find that in certain parts of the music you can feel a big influx of the Mahatma energy through your higher chakras, and if you look at people that bop to it, you can see their light quotient becoming expanded and expanded.

So, I would ask you to think about Mahatma, ask you to make affirmations if this rings and gels with you. What is not being said is that if you don't work with the Mahatma energy that you won't achieve your ascension. What is being said to you is that if personal ascension is high on your list of priorities, then work with the Mahatma energy and you will be accelerated greatly in a safe and gentle way, because Mahatma IS Love, Mahatma IS Light and it will bring you into Wholeness. Now, if you ask me what wholeness is, my reply is simple. Wholeness is Love. I would remind you that this wholeness is yours as a birthright.

Think about it; it is yours as your birthright. It's not something that you have to work for, until somebody or some outside agency considers that you are worthy. I, Brian, state that all ones are worthy. You don't have to go to church, you don't have to fall on your knees and pray. You don't have to petition. All you have to do is affirm; "I Am the Mahatma. I affirm that I would like the Mahatma energy to flow through me.

I affirm that I would like the Mahatma energy to flow through my heart. I affirm that I would like to become Mahatma." It is not only our brother Gandhi's place to be Mahatma; I would like to remind you that you are all Mahatmas. Move forward with this energy of Love. Move forward with this energy of Light.

Move forward with this energy of transformation. The arrival of this Mahatma energy, the grounding of this Mahatma energy upon your planet, is not only considered by myself, Brian, it is also considered by your Planetary Logos, by the cosmic aspects of your Planetary Logos, and millions of the Ascended Masters, as one of the most important

happenings for billions and billions of years. This energy of Mahatma is silver and gold. Many ones would also see a tinge of violet within it. I tell you this, so that when you make your Mahatma affirmations with your eyes closed, and many, of course, with your eyes open will be able to see this energy as well as feel it, (and I would like to remind many of you that constantly make statements that you never see anything, that if you shut your eyes, you will probably see a lot more). So, let us just work through this small exercise which will help to anchor the I Am Presence into your physical vehicles and help to anchor this I Am Presence into this vortex in Mother Earth. Now, this is very simple; there is no visualisation.

There is no collectively chanted affirmation. There is nothing to be said by anyone out loud, except for the information that I will give you through this one. I would like you to realise that through dispensations, every time you actively ground the Mahatma energy, Vywamus, Lenduce, Sanat Kumara, myself, and the Source Him/Herself, guarantee it is amplified for each person by ten. Isn't it surprising that tens have been talked about this morning? So now I would just like you all to straighten your backs, sit quietly and take a deep breath or two. The most important part of this is that you relax, that you don't start preparing yourself for some cosmic explosion in your head, some cosmic explosion in your Lightbody. Just relax, open up your hearts, and within your own minds make the affirmation, if you feel of course that this is appropriate to you; "I affirm I would like the Mahatma energy, as directed by my Monad, in accordance with Divine Will, to flow through all my chakras and into my heart, and from my heart radiate to my brothers and sisters, the humans, the animals, the insects, the plants, the trees, the fish, the whales, the dolphins, and all those beings that are wearing 'dark T-shirts'; that through my Love they may also become Light." Now just relax, and allow the energy of Mahatma to flow through you. I Am that I Am, Mahatma.

It has also been asked by my colleague, Djwhal Khul, that I speak briefly to you on the I Am. These words, "I Am that I Am" bring the energy of your I Am Presence; these words, "I Am that I Am" link you with your I Am Presence. You see, it is as well to understand that many ones are running around in the third dimension/fourth dimension, with little or no contact with their Monadic Selves, or their I Am Presence. This is why many people have suffering in their physical lives, because their I Am Presence continually engineers and places disease and suffering in front of the manifested part of the being, to make them realise that there is something more to life than the illusion, maya, collective dreamed illusions of the lower dimension.

These words, "I Am that I Am", or this mantra, "I Am that I Am", this affirmation, "I Am that I Am", link you with your I Am Presence, your Monadic Self. Djwhal is now prompting me to say to you that he often gives a similar lecture to this himself.

But every time you say, "I Am", be careful what you say afterwards. Because every time you say, "I Am sick", you become sick. Every time you say, "I Am broke", you become broke, because the universe disconnects you from the flow of abundance. "I Am broke" - the universe says, "That one must be broke, so disconnection from abundance is required. I Am sick, well, that one is wanting to be in a state of disease. So therefore I will withdraw the energy of equilibrium." So think of this. You could make very positive affirmations like, "Truth, beauty, harmony, abundance, love and Mahatma are flowing through my life-stream. I Am that I Am." If you use affirmations like that, daily, you will find that very quickly things change; very quickly these aspects of the Creator manifest in your life. You are Co-Creators and Creators of your own reality. Again, allow the energy of Mahatma to flow through your hearts and speed your journey to freedom.

It has been my great pleasure to have been able to channel to a group like this. I feel that it is a great step forward, that this one has agreed to bring the message in a non intellectual way, and if you will excuse the pun, in a "down to earth" manner. I would encourage you all to work with it. Again, I am Brian Grattan. It has been my great honour to have been present with this group on Maitreya's birthday. I feel honoured to a degree that really is impossible to explain, or to be able to put over to you. You could say that it is like benign vested with three Knighthood's, a number of O. B. E.'s, and the Order of the Maltese Cross, and any other honours that you bestow upon people in this beautiful country of yours. Well, my friends, than you for your attention, thank you for your focus, and again I ask you just to work with the Mahatma. I leave you with my love, I leave you with Mahatma. Carry on the party!
Mahatma and Merkabah.

By Vywamus. Channelled by John Armitage at The Big Green Gathering, Wiltshire, England, July 1997.

SHAMBALLA AS A MANTRA

[Shamballa as a mantra.]

Get more and more comedy into the work. Have everybody laughing at themselves. And challenge the established control systems. I was invited to speak at this big UFO conference. So what I did was just make jokes. I got this friend of mine to do it with me: the energy of the Goddess skit. …

Swami Beyondananda—completely off the wall. If you ever get a chance, go see him. Hilarious. He works on the activation of the clown chakra. Germain just said, "You're babbling Das!"

Yes, there were a whole lot of beings that came through this time. So many of them. I was going to say "unbelievable," but they say, "You'd better believe it!"

BRINGING IN THE MAHATMA (and CHAKRA CLEANSINGS)—Germain/Vywamus

We have teams for opening up crown chakras, even. Chakra balancing teams. So, Germain called in the team. I could feel the energy arriving. When the energy spread itself out around the group, I could also see that the team was composed of individuals. So now we work on gently opening and clearing the crown, and simultaneously activating the earth stars. And I want this work done in accordance with the I AM Presences of each and everyone here.

What I personally perceive now, tingling around my head, and I feel the energy coming into my body, down, and my butt is definitely grounded into the earth. Now we shall search for any blockages in the crown chakra, self-imposed or imposed by others. Now in accordance with the I am Presences of all, we remove these blockages.

Now we move up to the 8th chakra. It's above your head. In accordance with the will of each I AM present, (snap).

Now, 9th chakra, a little further above your head. You don't have to know where, just focus there.

Now, in accordance with the individual I AM's….[snap!] Let's always keep aware of the earth chakra, to keep grounded.

OK lets go to 10. Again, working in accordance with the will of the I AM's…..[snap!]

Let's go 11. In accordance with the individual I AM's……[snap!]

Ok, number 12. In accordance with the will of the I AM Presences…..no. 12 clear! [snap!]

Now let's bring this clear energy down through 12, 11, 10, this mahatma energy. 9, 8…Your I AM Presence knows exactly how much of this energy you can take in. We're going to bring it down down down into the 7th. We're focusing on the clearance of the 6th now. Come on team…[snap!]. Now, 6th clear. Bring the Mahatma into 6.

Now 5th chakra. According to the will of the individual I AM's….again, bring in this Mahatma energy into 5. [snap!]

Now into 4, the higher heart chakra. We'll spend a little more time here. So now let's just clear 4, with the will of the individual I AM Presences. All this work must be done according to the will of the individual I AM presence. What your ego requires has nothing to do with anything here. Ok, we'll clear 4…[snap!] Bring in the Mahatma to 4. I am that I am, the Mahatma in love.

3, into the solar plexus. Well we all know a lot of people have a lot of stuff here, emotional things. Again just ask the team….according to the will of your I AM Presences, we'll take out everything we're allowed to. Now bringing in the Mahatma energy in here, clear again [snap!]

Now 2. What have we got in 2? Anger, repression. Being repressed, and repressing others. Bring the Mahatma energy in again. According to the will of the I AM Presence let's do this one…come on team, let's get down there…..[snap!] Bring in the Mahatma.

Down to 1. Clearing out this 1. Bringing the Mahatma in. [snap!] Great.

Now let's bring in the Mahatma energy, down through your chakra column into your Earth Star….I AM that I AM, the Mahatma in love, silver gold and violet…..We'll bring this Mahatma energy down, in accordance with the will of your individual I AM…I 'd like you to run an affirmation through your minds: "I affirm I am now ready to receive the Mahatma in accordance with the will of my I AM Presence. I AM that I AM. Do this out loud or run it through your minds.

I Germain leave now this work to Vywamus.

I Vywamus call upon the I AM Presence of Mother/Father Source, and your individual I AM Presences….call upon your subconscious minds, and your conscious minds, call upon your ego…Don't notice, the Mahatma energy is coming your way….I AM that I AM Mahatma in Love.

So now, as you breathe in, we're going to infuse this Mahatma into your activated Light Bodies. As you breathe in, see, feel, allow, imagine this gold/silver/violet energy of Mahatma, integrating your crystalline light body, your adam cadmon light body of perfection ……See the silver/golden/violet pulsating……and understand, you are love. Allow yourself to feel, allow yourself to love, and to be loved. At this moment you can make the affirmation, "I AM that I AM the Mahatma. I give myself permission to love myself. I AM perfect. I AM that I AM." …….

Now in this moment, I Vywamus, in association with Metatron, offer you the activation of the Light Body of Shaddai….The Light Body of Shaddai, the Metatronic Light Body…..in accordance with the will of each individual I AM Presence…. I integrate this Metatronic Light Body into the adam cadmon Light Body……..You may at this time see, feel, allow, imagine a cloak of light, just like the cloak of a magician, the cloak of Sananda…..And this cloak of light, it IS the Light Body of Shaddai, the Light Body of Metatron. And now if you visualize, see, feel, allow, imagine, this Light Body, this cloak now surrounding your body physical, your adam cadmon body….Also at this time we bring you, if you wish to receive it, in accordance with the will of your I AM, we bring you the Melchizedek Diamonds and Crystals. These Melchizedek Diamonds and Crystals, packets of information….these light packets could be activated as Divine Light Codes in your adam cadmon and Metatronic Light Bodies. If you wish to receive them, just affirm in your minds that you are willing to receive them. If you don't wish to receive them affirm that you aren't, and you'll not get them. …..Again, it all takes place in association with the will of your I AM. So now we offer these Diamonds and crystal activations, these light packets of information, now [snap!]…

Now we bring you so-called hidden knowledge, Dead Sea Scrolls…..Again, these are, I'd say packets of pertinent information …….If you wish to receive them, again all in accordance with the will of your I AM Presence…now we load these codes into your Light Body, as it's appropriate for you to receive…..[snap!].

Now we bring you the sacred cosmic fire letters, the sacred languages……These letters are encoded with the Mahatma energy, that's flowing through you…..As the Mahatma energy flows through you, just bring these cosmic fire letters into the whole of your cellular structure, your molecular structure, sub-atomic particles, microtrons, super electrons……..into your Metatronic Body, into your activated light body…..bringing the Christ Consciousness codings —each and every one of you are Christ, Christ each and everyone of you, if you desire in this moment….

……We activate these fire letters NOW [snap!]. ……

Now also it will, in accordance with the will of your individual I AM Presences be encoded, these codings, these

packets of information, these fire letters into your chakric systems……We activate the Christ consciousness within each and every one…….We ask the chakric activation teams now to help with this work……..

REMOVAL OF THE CRUCIFORM HOLOGRAM—Vywamus/Sananda

So now, as we activate all of these energies, we call upon your godselves, each and every one……I call upon my Godself. I also call upon each and every person's multidimensional aspects. Call upon Mother/Father God…now we will proceed according to the will of each individual's I AM Presence…..At this time I will inform you that most of you are holding a hologram within you of (lost?) love……Those of you who have predominantly Christian lifetimes in the last 2000 years especially hold this hologram. We will call it "cruciform hologram"—"remember, Christ died for you"—he didn't! That's what you have been told, many have believed. You believe you should suffer now, for your sins. There is no "sin." Mother/Father God forgave you before you did it. Forgive yourselves, my friends, it will make you free. So now we're going to remove—again in accordance with the will of your I AM Presences—this cruciform hologram. We have a team formed for this, so I call in the Team relevant to this work [clap!] At this moment I ask you all to get ready….for this removal….recycle into love, recycle into light…and at the same time, fill the space with unconditional love, christed energy. I hope you understand that each and every one of you know that you are christed, that you are christ. So, now, we're going to wait a few moments for you to do this…take a breath and blow out for removal….ok, let's do it NOW! [whwooooo] So now, open your hearts, to allow the light and the love to flow into your hearts…….

I AM Sananda. Many of you know me as Jesus Christ. But I am not Jesus Christ, I am Jesus the Christed one. Each and every one of you is christed ones. I am here in my Sananda aspect to help you to fill the spaces left with pure love [unintelligible here] And as you forgive yourselves, you become whole. As you forgive yourselves, you step into your mastery, your christedness. Remember, in the records of my healing, in my Palestinian ministry, I always said, "You're forgiven! There's no need to [make yourselves separate anymore?] You're whole! Forgive yourselves. [unintelligible] Feel this love…this love is mixed with the Mahatma…As the Mother and Father of all things shower their love upon you in the form of the Mahatma energy, I Sananda shower my love upon you. The time for denial, self-sabotage, and resistance is now past. It has no usefulness anymore. I AM that I AM Love—your new affirmation. Have compassion, for yourselves! [unintelligible] The changing of (your whole consciousness?) begins within you now. Love—you are. ……..My mother Mary wishes to speak with you.

MOTHER MARY

I AM Mary. Many of you would know me as the mother of Sananda. But I am much more than that. I AM Goddess. I AM Quan Yin, and all the other aspects of Goddess. I'm here to speak with you about compassion. I've come to speak with you about nurturance, forgiveness and love. Forgiveness brings freedom from all constricting energies….I am the champion of women's freedom. For Unconditional Love is the energy of freedom. Freedom is nothing else, but Unconditional Love. And now, my brothers and sisters, is the time—it is the time to love. And as my son Sananda said, it is the time for compassion—compassion for self. In this time I would like you to just imagine yourselves, to put your arms around yourself. Or you may physically do this, hold yourself, and say to yourself, "I love you unconditionally. You are such a beautiful being! I love you as much as Goddess loves you." Because you are beauty, you are that energy that God and Goddess is. As you love yourselves, you find yourselves becoming free of constricting ideas, constricting philosophies. And the freedom that you can experience in love. Remember the times when you experienced a small fraction of love—we can conjure up a picture of you running through a field full of flowers, feeling joyful—running through a field of flowers, feeling that openness in your heart—"I'm in love, I'm in love!" Remember the feeling? That's only a small aspect of the love that's available to you. As you love yourselves, just catch a glimpse of the freedom that you've experienced in these glimpses of love, that you have experienced in this life. And hold the concept within your hearts that that was only a small aspect of what is available to you. "Freedom that I never ever checked on. Empowerment which I had no concept of!" Allow the love into your hearts now. Allow the freedom through this love to manifest in your minds. We love you. Our vision for you is only love. I leave you with it, and I leave you with my blessing. Bless you.

Channelled by :JOHN ARMITAGE

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The concept of the grid for the planet is a very old one. Plato described the Earth as having a dodecahedron grid. How would you explain the concept of grids such as this one through time?

Ron: In the workshop called "Seed of Life" which is our advanced FOL workshop we look at some questions similar to this. As far as my research goes, I found that the grid or grids were born at the moment of the Big-Bang or even prior to that when the Void was actually preparing for the birth of the physical universe. When we speak about the grid, many of us are reminded of the grid as it has been depicted in some books-a matrix of angular energy lines extended above our planet. This of course is correct, however there is far more to the grid than this.

Grids are actually fractal and holographic, and they span all of creation including its many dimensional levels. They are not just on Earth, but correspond to the physical universe. The physical universe does not exist without these grids. They are needed to ensure the appropriate distribution of life-force energy, provide the templates needed for material creation, and much more. Not only that, but they are a physicalized expression of the sacred code of creation itself. They are not inanimate "objects" - they are a blueprint of consciousness itself, expressed in a harmonic form.

The concept of grids is easy to understand if one has done some investigation of sacred geometry. In order to delve deeper into the understanding of consciousness grids, we will need to lay some groundwork first. For those who are new to sacred geometry, let me first say that grids are expressions of energy and consciousness that follow proportions defined by principles of sacred geometry and they span the entire multidimensional universe. What is sacred geometry? Everyone knows what geometry is, and anyone can draw a geometric form. But when you relate Great Spirit, consciousness, or "God" and the opening of the heart to geometry, you are creating sacred geometry.

Sacred geometry is the expression of geometry related to the evolution of consciousness, mind, body, and spirit in geometric terms. True sacred geometry is not just static angular forms. It is organic and living-it is in constant evolution (transcendence) or devolution (materialization), ascending or descending from one form to another.

So the grid of the planet is an actual geometric and energetic expression of the principles of creation that can serve as a bridge between our planet's physical and energetic manifestions. To get an idea of how vast the grid actually is, let's look first at our planet. On this planet, in order for the smallest particle, element or compound to congeal and materialize, it needs a blueprint and a template for its construction and purpose of existence.

The blueprint and template for our planet is the grid itself. The grid serves as a guide or blueprint around which muons, quarks, positrons, electron, atoms and finally compounds organize. The grid ensures proper distribution and alignment of the needed elemental components, which are the building blocks for creation. It also insures the proper distribution and alignment of life-force energy and the many frequencies needed to maintain an effective energetic phase relationship of the planets frequency spectrum. (Phase relationship ensures coherency, but that is a subject too vast for this article.)

So actually there exists a stratification of grid templates needed for any element to form. This stratification occurs from spirit to the etheric, to the electrical, to the gaseous, fluid and denser material. Consciousness moves through varying graduations of fabric density in order to affect each level from the very sublime to the dense.

Let's examine an example of grids that organize physical matter. An organizing grid is needed for each of the 108 elements in the periodic table in order to maintain order and functionality in the atomic configuration, otherwise without a grid template, it would soon lose its ability to maintain self organization. Likewise, a grid is needed for every species of bacteria, fungus, plant, insect, animal and mammal.

Let's look at the electron diffraction pattern in elements such as Beryl and Salt:

Electron View of a Salt Crystal Electron View of a Beryl Crystal
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In the photos above, we can see the atoms stretched across the grid in an organized fashion. These round electrons line up to form a mandala pattern just like a platonic solid or a combination of platonic solids.

If we look at Hans Jenney's work called Cymatics we can see examples of how placing sand on a circular metal plate capable of holding a musical tone when struck causes the the sand particles to form geometric patterns for each note. Change the note and you change the geometric configuration. When we look at Masaru Emoto's work from "Messages from Water" or Dr. Lorenzen's "Clustered Water" we can see the geometric pattern even in the atomic levels of water.

When we look closely at our 3D reality, we can see sacred geometry in all things. Minerals organize themselves in sacred geometric proportions and we can see this in most gem and mineral books, which lay out their respective geometric blueprint.

The planetary grid then is like a garden "trellis". The garden trellis guides vines and other plants to stretch and grow out and up across the latticework in a certain "shape". The two principal elements of a grid are the latticework and the fabric. Both have qualities or characteristics. We could call the latticework the masculine aspect and the fabric the feminine. Both work harmoniously with each other to integrate the diversity of life. This is similar to the metal ribs and the waterproof fabric of an umbrella. The metal structure allows for the fabric to be stretched across it so its full functionality can be expressed.

With human beings, we have a similar analogy. As spiritual beings in a human body, our spiritual aspect is born of a fabric that is so all-encompassing and holographic that it is literally connected with and spans all life and all of creation. To place the immenseness of all that into a physical body means that we have to fold up the vast umbrella of our being into a kind of butterfly cocoon and temporarily close it, awaiting the time when we unfurl our fabric and remember who we truly are. Nested and folded within all of us is an infinite expanse of fractal and holographic fabric of tremendous interconnection with all of creation.

The Christ Consciousness grid is the planet's version of this umbrella analogy - a fully opened fabric of creation that keeps us connected to our origins and stimulates us to evolve forward into reunification.

Consciousness grids hold the memory of cosmic interconnectedness, thus stimulating self-actualization for those who attune to them.

How would you describe the Christ grid for those who are not familiar with the concept? Essentially, what is it?

Ron: The Christ Consciousness Grid exists around the Earth and is reported by different researchers at varying heights above the Earth. I believe that due to the holographic and fractal nature of the grid, it appears at different levels because, in truth, it is everywhere. The Christ Grid is purported to be anchored by its axis at Cairo and Moorea, while many of its nodal points are laid out upon the surface of the Earth. These nodal points correspond to natural energy power spots, which many of the ancient cultures have pinpointed and utilized.

This Christ grid is different from the dodecahedronal grid that Plato described. It includes connecting the center of the Dodecahedronal pentagons with the corners using five more lines (of the same length) for each of the twelve pentagons. This creates what is called the stellated dodecahedron form, and that form is associated with "Christ consciousness". There is a vast difference in consciousness and experience between the dodecahedron and the stellated dodecahedron.

To get a good understanding of what the Christ grid is we have to look at the preceding stages of consciousness grids and understand them. This will build a good foundation. (These stages are the geometric forms that precede the stellated dodecahedron such as the tetrahedron, cube, octahedron, icosahedron, dodecahedron and finally, the integration of all the forms, the stellated dodecahedron-representing the integration of all of our aspects. Currently we are doing much research in this area and in subsequent books and seminars we will introduce new technology based on this information.)

The stellated dodecahedron (the Chris grid) holds the template of all the preceding templates (expressed as geometric forms). It is an expression and model of "integrated completion" and "coherent unity" of all the foundational templates.

Let's look for a moment at the fifth template-the dodecahedron-which builds the foundation of the stellated dodecahedron. The dodecahedron represents total surrender to unconditional love. This seems to be a challenging point as many seem to stop here and get lost in bliss, feeling like there is no point in continuing to evolve.

To help identify why this happens, we found a clue as we were constructing the platonic solids out of tape and equal size plastic drinking straws. Constructing the solids in this fashion, one would find that because of the geometry, two geometric forms are weaker than the rest and have a very difficult time holding their shape or form. These two are the cube and the dodecahedron. The dodecahedron represents unconditional love. Unconditional love by itself is the sweetest blissful experience. It is a necessary step toward realizing Christ Consciousness. However, that blissful unconditional love is missing an important element.

The element missing is conscious awareness or "mindfulness". I am not talking about being mentally focused. I am referring to mindfulness in the Zen Buddhist description. It is so easy to be melted in bliss and then become crippled and unable to be effective in the physical world. This is like assuming that you have arrived at your life's destination and spending the rest of your life alone pursuing a constant state of bliss. In a way, this is simply just an addiction to bliss.

Mindfulness-the practice of observing one's habits, patterns, and choices is essential to our evolution. We must clearly see ourselves and our level of responsibility, integrity, and impeccability in order to evolve. All of these elements are what strengthen our dodecahedron and turn it into a stellated dodecahedron-enabling it to stand on its own and retain its shape. This is why the dodecahedron was not named the Christ consciousness grid. The openheartedness of the dodecahedron requires the internal support of a trinity of personal commitments: impeccability, self-responsibility, and integrity in order to transcend into the stellated dodecahedron or Christ grid. It takes the integrity and responsibility of honest self-observation and Zen Buddhist mindfulness to remain active and aware whether one is in the bliss state or in the struggle of 3D reality. The stellated dodecahedron is about adding conscious awareness, impeccability, self-responsibility, and integrity to the open heart to create Christ consciousness realization.

Without the commitment to the higher qualities stated above, unity becomes a transitory experience that is dependant upon a leader to get people there instead of the natural unfoldment of the process from the individual level. We have all frequently observed open-hearted people with the best of intentions fall prey to the agendas of other people or those of their own ego. If individuals do not commit themselves to impeccability in their behavior (which leads to a natural integrity), they fall prey to the ego agendas of themselves or others. Openheartedness without conscious mindfulness is an expression of dodeca consciousness. The stellated-dodeca is the consciousness of a self-realized being and that is why it is referred to as the Christ Consciousness Grid.

Christ (or any other master of this level) exhibits this self-aware consciousness, which is an exceptionally high level of personal refinement that is practical and attainable for all humans who sincerely discipline themselves to attain it. It is so much more than chasing bliss. This is what is truly expressed in Christ's teachings. He didn't want anyone to follow him. He wanted us to become as he became - a self-aware enlightened being. The Christ consciousness grid exists as a reminder of our true nature and encourages us to attain it.

How does the Christ grid affect our consciousness? I've read that it pushes our negativity to the surface for healing and transmutation, but it is easy to focus on the issue rather than the solution. What attitudes or changes in consciousness do you recommend at this time?

Ron: All of the grids exist throughout creation. This includes throughout ourselves-our organs, our cells, and our DNA. The grid is holographic and fractal, and so is every part of our being. So the Christ Consciousness Grid "above" the Earth has its fractal counterparts fully within our body, our spirit, and our consciousness. In our own heart the Christ Consciousness Grid equates to a diamond-like clarity of true, undistorted experience.

The Christ Grid stimulates us to evolve into conscious awareness with our open heart and with high levels of impeccability and integrity. The Christ Grid also helps us integrate and harmonize a true group unity. The Christ Grid is a unified collective consciousness. This means that we are also preparing our internal templates to integrate and harmonize all of the lifetimes we spent within each culture on this planet, setting the stage to help us feel the oneness of all cultures simultaneously, without bias or prejudice.

There are sub-grids for each of the seven root races. They can be seen as seven grid frequencies or colors comprising a rainbow of grid lines, frequency and color. The rainbow races are coming into aligned integration with each other as our personal consciousness continues to refine. Currently what has separated us was a form of surface tension between colors, frequencies and intentions. This surface tension is diminishing as we become self-aware and self-responsible for all our actions.

As we claim our personal integrity we no longer project our lessons upon others and we reduce the surface tensions. Right now the separation in frequencies creating the seven Christ grids are aligning to become one rainbow color grid and eventually it will become one golden color as we become truly one. This will eventually evolve to the diamond or crystal clear level. The crystal or diamond children are already being born on this planet to help accomplish this.

Just as we had a lifetime or more in each culture of this planet, we have also existed on other galactic worlds and cultures. Holographically we were born into all cultures, on all galactic worlds simultaneously. The Stellated dodecahedron is also representative of our quest to integrate and harmonize all of our terrestrial and extra-terrestrial lifetimes as a whole experience within this creation.

In terms of changes in attitudes or consciousness that would assist us at this time, let me suggest the following. Most of us at one time or another feels separated, alone, hurt, scared, ashamed, unworthy, or incapable. We feel this even though we have always been an expression of the complete fabric of creation. In essence, we are already complete and perfect.

All of these conditions of self-doubt are attachments that we choose and insist on holding whether consciously or unconsciously. These attachments, and our insistence upon holding them, distract us from unfurling our holographic fabric and experiencing our true heritage.

I recommend learning and developing skills in detachment and release. (Any number of Eastern-style teachers can provide training in this, as well as certain martial arts training programs.) When we detach and release mentally, emotionally and physically from what tensions we hold on to, we become bright and free. This begins with detaching from the merry-go-round of mental thoughts. I recommend developing the skill of "mindful observance" of our own self and our choices. This means taking steps to honestly observe our destructive patterns and make choices and actions to change them, before someone else forces us to see our own reflection in a much more unpleasant way.

For those who like intellectual stimulation to help them release attachments, I recommend reading such books as Eckhart Tolle's "The Power of Now" and Osho's "The Diamond Sutra", as well as Neil Donald Walsh's "Conversations with God" and Lyssa Royal's "Millennium".

I recommend maintaining a good meditational practice that feels right for you, as long as it does not provide diversion or entertainment away from your own inner self. I recommend deep heart-opening exercises that appeal to you and especially those that take place in nature, which take you deep enough into the heart to help you release agendas and ego.

Because so many students have asked, I am now working on a meditation series on CD for the purpose of deepening the open-heart experience in nature. This can provide a deep experiential reverence for all life where one experiences absolute oneness, and thus many of these concepts we have discussed become known by the heart instead of understood by the head.

Also there seems to be a magnification of energy at this time -- whether harmonic or disharmonic -- how does this work in relation to the Christ grid? What can we do about it?

Ron: It has been stated that the Earth is waking up from the Kali Yuga and is transitioning into a period of heightened frequency. Also it has been said that the Earth is raising its resonant vibration. People are also experiencing the heightened frequencies and responding to it as best as they can. More and more people at this time are also awakening to their spirit and tuning to the higher levels or possibilities and this is also increasing the mass frequency and the consciousness level. This creates a wave effect through humankind, serving to stir the pot of awakening and focusing our attention upon what really matters. As the frequency rises, it is experienced by both polarized aspects within us (negative and positive) that we have not yet integrated into unity.

Some people resist the internal pressure of our unresolved personal issues that need to be processed. These issues will continue to escalate if they are not addressed, especially as the planetary frequency rises. Often, individuals might then choose to react by acting out and projecting their issues externally upon other people or world situations instead of truly addressing them internally.

The only effective manner I know that can help us handle this increasing pressure is to learn to respond to the pressure instead of react. (One of those actions is conscious, and the other is unconscious). Responding to the pressure means that we must be mindful of our personal habits and patterns and not be afraid to see our dark sides. This helps us learn to carefully choose our actions mentally, emotionally and physically. Sometimes this takes time and patience.

In relationship to the Christ Grid, the higher levels of life have always made their frequency available to everyone at all times. (After all, they are us in another form!) As we awaken to a higher sense of purpose and action, we naturally and eventually attune to higher grid levels until we reach the Christ Consciousness grid and awaken the Christ Consciousness within us. Life attempts to stimulate us to achieve our highest potential.

I know that focusing on the light and its vibratory rate can aid in clearing negative mental or emotional states. Is simply focusing on the 5th dimension a solution or an answer to the "being stuck" that many people seem to be experiencing right now?

Ron: Well, I would say that the sensation of being stuck is really a state of being unaware that one is choosing to hold onto an issue rather than releasing it. This is easily said and harder to release in practice. We all do this, and we would be best served by practicing detachment and release in the area needed, which may be the realm of the mental, emotional, or the physical. We attain the highest levels of our potential when we release totally and become absolutely "nothing"-mentally and emotionally. The Buddhists say, "When we become nothing, we become everything".

In this detached state, there is still a keen sense of awareness and focus, but it is different and it is much more rewarding, because you become more of your true self. So the disciplined practice of detaching from the busy-mindedness or the state of un-balanced emotionality, drama and neediness, is highly effective in bringing absolute peace and harmony.

The practice of impeccability and the mindfulness of ones actions, words, and choices is Christ Consciousness Grid level work (stellated dodecahedron) and will lead to the spiritual development and clarity that most are seeking. Focusing upon a "higher dimension" (like the 5th, as an example), can often be used as a way to escape the challenges of physical evolution. It is placing one's attention upon an external idea when what is truly needed is a clearer focus upon one own inner choices, patterns, and actions.

Are there changes that will occur in the DNA because of the Christ grid?

Ron: Absolutely and it has been happening for a long time now. Each step we take in our own personal integration and evolution is being written upon our DNA while being reflected in our reality around us. This allows us to tap into more frequency bands of consciousness, thus raising our awareness. The more we clear ourselves, integrate and progress, the more we activate our DNA packages, which helps us reach our full potential as individuals and as a planetary species.

Will it cause movement in the Tectonic plates?

Ron: It could, and often the movement of tectonic places is really just a reflection of our own consciousness as a species. Usually it has to do with what we are resisting rather than what we are embracing. If one ponders this I think you will find some interesting insights.
----Ronald Holt

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Channeled by Haridas
location: Mt. Shasta 9 day intensive ... October 1998

Archangel Michael Cutting the Ties

I am Michael the Archangel. Greetings to you One and All. It is a pleasure and an honor to be with you. I would speak with you about some of what being an archangel means. There was a time when there wasn't many archangels. Yes, there were some, but their numbers were very few. Now many angels and archangels have contracted to take human births, many of the children that have been born in the last 4 to 5 years of your earth time are from the angelic and archangelic realms. These angels and archangels, as they take human birth, experience a new found freedom of expression, a new found freedom of a way of doing things. Understand that the angels and archangels were created by Mother/Father God to perform certain tasks and in the performance of these certain tasks there was not too much free will. Like myself Michael, many, many human beings know who Archangel Michael is, because there are many mentions in the Christian scriptures. There are many pictorial representations in church and cathedral glass windows, but many do not understand, really, what my place is and how many other Archangelic and angelic beings are under my command. You could say that I have at my command many, many legions of light, many legions of angels whose task it is to protect, transmute and oversee the plan of love in the focus of the cosmic plan and the whole of creation. The focus of the cosmic plan for the whole of creation is, of course, the integration of love, unconditional love for one's self and also the task of my legions of light and myself is the protection of human beings.

Some would ask, why do I need protection of Michael? Why do I need protection at all? The answer to that is that some humans have focused enough love into their hearts that they are now indestructible, that they are impervious to the energies of the dark brothers and sisters and they do not need protection, but the truth of the situation is that many humans still need surrounding by the energies of light and the energy of love to hold back the discordant energies, and energies that have disassociated themselves from the Source. Many would ask why Mother/Father God allows discordant energies to operate within creation. It is because of free will. And understand that also Mother/Father God experiences through every aspect of his/her creation and Mother/Father God does not judge, just experiences and loves.

Also, as well, many ones during this time that is known as the fall ... contracted to create discordant energies, to instill fear into the hearts of humans that have not yet developed the capability to love themselves. So this is where fear originates from, that many feel within their hearts, when the word extraterrestrial, when the word Lucifer, when the words interfere, its disempowerment...because they have still not yet integrated the love for themselves, and they are still subject to the laws of Karma.

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The Laws of Karma are simple....it is a law of cause and effect. If you throw a stone in the pond, ripples emerge all the way around from the point where the stone entered the
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water. That is a demonstration of the law of cause and effect. The laws of cause and effect were put into place so that all ones might reap the rewards of their actions. When I say reap the rewards of their actions, its not always the rewards of the rewards that you would have liked. Now is the time that there is dispensation from Karmic Board. The karmic Board is chaired by a being whose name many of you will be familiar with. The chair of the board is Quan Yin. She is the goddess of compassion. Many would know her as the Chinese Mary. Thru her compassion she has decided the dispensation be given to all humans now and all humans can, if they wish, become free of all the laws of cause and effect. But, you have to understand how to free yourselves from the laws of cause and effect. Unless you ask, I will not cut the ties that bind you because it is your free will, your decisions to stay within the confines of these energetic ties which connect you thru your thoughts, words, actions and deeds that you have performed since you were created and came to this planet. These energetic ties bind you thru your chakras, they bind you thru your chakras and hold you, bind you energetically to the other being, the beings that you have to pay back. Even after the balance has been achieved, many times there is still not a releasing of the ties. You could say that now is the time to forgive yourself of your sins. I say sins because you have heard the preaching of the Christian priests, you have heard the preaching of the Christian controllers. They have told you that you are all sinners, that you would not be born, that you would not be incarnated on planet earth unless you are a sinner. IN many ways this is true, but you are not born because it is the retribution of Mother/Father God for your mismeanders and energetic mistakes. You are not punished and sent back to this planet to have uncomfortable times, to have things happen in your lives that do not make you happy, that are not pleasant experiences. Each and every one of you choose make a conscious choice, your I, AM, of course, is the one that makes the choice to incarnate again into a human body and learn the lessons. You could understand, or you could equate incarnation or reincarnation as a school class. When you first go to school you learn the basics of interacting with others, what is required of you socially, what is required of you by the others of your kind, your race...but just the basics, and then you graduate from the first school that you go to and you go to another school and you learn other things. You learn mathematical skills, communication skills. We are, of course, leaving out here the energies which are put into your psyche to control you. So you could say that when you have a life on earth, you learn or you sit at the back of the class and don't do anything. But if you are a keen student you come forward, you absorb the information, you learn and then you go to the thing called death.
That is your graduation and then you realize there is much more to learn so then you go to the next level of school, you incarnate again, you go thru the next class, and if you are a keen and diligent student you learn anything you need to learn and then you die, you graduate all over again. and then you decide to come back and take the next class and learn.

As you learn, you learn to balance the experiences. You learn to balance the energies. You understand, that it is desirable not to do things unto others that you would not like to have done unto you. Some students take longer, some decide to take the scenic route home and others buy a ticket on the straight thru express. There is no judgment, either way is perfect, either way is perfect for each one and Mother/Father God is compassionate and nonjudgmental and forgives you for everything, you could say before you ever did it. It is only yourselves that are holding the sins in your hearts and when you go to your priests and ask them about sin or you confess your sins, they never tell you about the freedom that you achieve thru the balancing of these energies.

So now, brothers and sisters of earth, it is now time to forgive yourselves (train...whooo whoooo).....Even the train reinforces my words with its sound (laughter).....It is now time to forgive yourselves, it is now time to let go of the guilt because what is sin? Sin is just something that you hold, it is a concept that you have as human beings and sin really is feelings of guiltiness. It is now time to release all contracts, all connections, all contracts ... all vows of poverty. There is no point in affirming that you are now ready for abundance if you still have outstanding vows of poverty. There is no point in affirming that you are now open to receive the love when you have already made vows in the past that you will not be open to receiving the love because those vows, unless they are canceled, still hold. They are still written down in the Akashic Records, they are there in your own personal record books. Understand that these blockages are created by your own selves.

Now when we talk about ties with other beings, when you hurt a person, be it physically, mentally, or emotionally, you have a tie with them. Understand that many humans have lost sight of the fact that these ties may last for thousands of years because of the lack of forgiveness for one's self. Also, many humans do not understand that when they merge with another human being in sexual intercourse, that you have a tie thru your base chakra and thru your sexual chakra which would last for at least 7 to 10 years. Many humans are promiscuous in this way. This is not a judgment, but it is an observation. You have human bodies to enjoy them, there is nothing wrong with enjoying your human body, there is nothing wrong with having fun with your human body. But understand that having intercourse with another one, or merging with another one with your physical body, when the energy of Love is not present, is really not desirable. When I say it is not desirable, I would point out to you that these ties that hold and bind, and as the other goes thru their emotional processes, at they go thru their mental processes, you also, as well, feel the energies of it thru these links.

So we will take you thru a visualization, thru a meditation to cut all the ties that bind to rescind all previous vows of poverty, to rescind all previous vows of not being able to love, to rescind all previous vows of silence, to rescind all previous vows you have made to ignore your emotional body.

So focus in the space above your heads, your source star. Again, I am sure you know the routine.....breathe....breathe in and as you breathe in ... feel the energy of love, and as you breathe in fill up your lungs to their capacity and when you think they are full push out your diaphram....this will expand your lungs further and bring in more breath. Feel the breath filling you to the top of your chest.....that's right, some of you will cough, because you have gotten into the habit of shallow breathing....and when you shallow breathe the energies of fear manifest in your energy matrix and in your mind. Do you remember that if you are afraid you have a tendency to breath (shallow breathe).... When you were born you emerged thru the birth canal and your mind went into fear because all of a sudden the connection with your mother was chopped, cut, the cord was cut before you were ready to breath and panic set into your heart and your mind ... that you would not get oxygen and that you would lose this physical body after going thru the trauma and experience of coming thru the birth canal and shallow breathing is what you did...it is imprinted in your cellular memory that shallow breathing equates with fear. So learn to breath. Program your minds to monitor your breathing and any time you find yourself shallow breathing, change that programming and take deep regular breaths. Your breaths should be inhaled, hold, exhale for the same number of heartbeats or counts....no matter what you are doing...sleeping, eating, working, loving. You will find you become more balanced if you breath in a balanced way.

So, as we breath in this energy of light and this energy of love thru our higher chakras

feel and see and allow the electric blue. This electric blue is the energy with which I work. My sword, the sword I use to cut the ties is also a sword of electric blue and now focus on your crown chakra. And here, allow the energies of love and allow the energies of light to permeate it. And I, Michael, cut all ties to all others, the times you gave your power away to the gurus, the time you gave your power away to the religious controllers. I now cut these ties so that you become free of every one of them and you can make conscious choices for yourself. (slice)! Your crown chakras now resonate white light....composed of all the colors of the spectrum and all ties that were attached to it are gone!

Now let us move to your third eye chakra... Here look into that chakra, see and feel all those vows that you made that clairvoyance, that sight was against the teachings of God and if you had sight and clairvoyance that you were evil. Here we are going to release you from the energies of persecution and the energies of death by torture, the energies of death by drowning, death by fire. I now cuts these ties with my sword (slice)! Now feel your third eyes open, they are balanced in a harmonious way and see with these eyes because understand that in early Lemurian times and before Lemuria your third eye was your means of seeing, it was your eye. It was through this third eye that this gland you now know as your third eye, you saw everything. You did not have physical eyes. There was nothing to see with physical eyes. Not only did you see with this gland, you communicated with others through it. You picked up the impressions of thought. Words and languages did not exist. Feelings were all there was. So see, feel, imagine this activation taking place. See the electric blue color of my energy. Allow this affirmation to flow through your minds, I affirm my third eye is now activated. My channeling abilities, which are my birthright, I now claim and accept.

Now let's move to the throat chakra. If you need to cough, please cough. Coughing is clearance. Many ones have blockages in their throat chakras. Here, let us clear the residues of all energies of all vows of poverty and vows of silence. All the ties that bind you to others through the words that you have spoken to them. The energies of fear, the vows of silence that you made that stopped you from speaking your truths, from telling others about the magnificence of the energies of love and light and about self enlightenment. I, Michael, now cut all those psychic ties that are holding you. (slice) Feel the freedom in this chakra, feel it becoming activated. Affirm now that from this moment on you will speak your truths, that you will pass on the knowledge to all that require it. There is no point in trying to pass on your knowledge to those who do not ask or require it. It makes them resistant. It blocks them from feeling the love. Don't use your voice to press your ideas on others who are not ready to accept them.

Now we go to the heart and the higher heart chakra. Feel this space as your thymus glands activate it with love. And now we are going to cut the ties with all ones that you thought you loved but the love was based on fear and dependence. Cut the ties with all the ones that hurt you emotionally, supposedly in love. Feel your heart chakra becoming open. Feel the love flowing through you and feel the love flowing through it.
Affirm that you are now ready to have these ties cut that bind you. I cut them with my sword (slice). Feel your heart open. Feel the love flowing through you. Be the love.

And now to your solar plexus. This is where you hold your emotional stuff. All the memories of being hurt and disempowered, anger directed toward you and anger you directed toward others, emotional manipulation and control, that others did to you and you did to others. Again, there are psychic ties binding you to all the ones you have been through this emotional stuff with. So now affirm that you are now ready for these emotional ties to be cut and that you are again ready to step into your own power

as a free being, you are now ready to take on sovereignty of your own emotional body.
(slice) I cut the ties with all ones.

And now come to your 2nd chakra, the sexual chakra. Now you must affirm that
you are ready for all psychic powers to be cut with all ones, to remove all the residues
of abuse and being abused, to remove the residues of misused kundalini energy.
To be free to love, to be free to enjoy your own human body, the human body of a loving
person in freedom, with freedom of expression. Feel those ties and affirm that you are
now ready for the ties to be cut. {slice} I cut them all and release you from them.

Now let us move to the base chakra. The base chakra is a repository for fear and anger.
It also is where your kundalini energy resides. Many have blockages in their kundalini energy
and cannot raise their kundalini because of the amount of fear.
Fear of stepping into your own power, fear of becoming a master in your own right, a master
of your life, a master of energy, a master of your own destiny. Many have stored memories
here about when they had mastery of their kundalini and they misused it to repress, they used
it to control, to disempower and these ties, these karmic ties stop you from being the
glorious being that you truly and really are. Now affirm that you would like the ties cut from
your base chakra. Affirm that you are ready. {slice} !
I cut them all.

Understand, that there is no need to fear these cuttings of the ties. Many would have fears
that by cutting the ties they will lose the connection with their loved ones. But this is not true.
The cutting of these ties to the chakras allows you a fresh start with your loved ones,
it balances the karma between you and allows both of you to enter into a
relationship that is based on unconditional love rather than dependency and fear or control.

Now for each and every one of you, I, Michael, will cut more ties.
Many of you still have energies surrounding you, the energies of the vows of poverty.
(Again, we get confirmation from the train driver that this is truth..... laughter).
So let us work some more on the releasing of these vows. You must, first of all,
affirm in your minds that you want to release these, that you want to have this energy
taken from you because otherwise, I Michael, am powerless to do anything.
I am powerless to do anything because of free will that you have either to stay with it or to release it.
So affirm that you are now ready to accept your abundance and that all previous vows
of poverty are canceled. So I come and cut {slice} from each and every one of you!
Do you feel more openness in your energy? Do you feel more freedom in your energy?

So now let us work on this repression of emotion. All the times, all the lives that you
thought that you should stifle your emotions because that was the only way to become holy.
Affirm now that you are ready to release this, that you are ready for the ties to be cut. {slice}

Now just to encompass all karmic ties, all energies that are binding you, I,
Michael and my legions of light will cut for you, we will take you out of the cocoon, we
will strip away the cocoon that has been binding you and constricting you and we will
take away all other residues if that is what each and every one of you wants as an individual.
You must affirm that you are now ready to be free of all karma, free of all karmic imbalances
and that from this moment forth you are a karma free being. Make the affirmations in
your minds now. {slice, slice, slice, slice, slice} I transmute all this constrictive energy into
love. I transmute all these constrictive energies into light. I welcome you to a life of freedom
from karma.

Do not think that because you are free of karma now that you will be free of karma for all time.
It is up to you whether you stay free of karma. It is up to you whether you integrate further guilt.

It is up to you whether you do not forgive yourselves your transgressions and sins. The choice is yours in your daily lives and interactions. It is very easy to build up karmic ties with many through your thought patterns, through your actions and interactions. Hold in your minds that you are karma free and that during the course of your actions and interactions with others you are coming from the position of true unconditional love and non judgment. This will keep you karma free.
If you make mistakes, don't feel guilty. Ask me to come and cut the ties and transmute and balance, and I will.

I give you another very useful piece of information. I have at my disposal pillars of light, pillars of love. Any time that you feel you are not holding the love energy in your hearts and fear may enter your minds, or any time that you feel you are being unfairly pressed by the dark brothers and sisters or by any other energy whose desire it is to interfere with you and get you to become unfocused in the love and the light, call upon me for a pillar of light. Again, I cannot give you a pillar of light unless you ask because you have the free will to suffer or not suffer. If you suffer, I feel compassion and love for you, but I cannot do anything else about it. Call upon me for pillars of light, I will show you how this works. Archangel Michael, surround me with the pillar of light. When you make the request, I will know that you want it. You might think, well I will not call upon Michael very often for a pillar of light because I don't want to bother him, he must be busy. These are energies which stem from feelings of unworthiness. As Kutumi told you, each and every one of you are worthy. I am charged by Mother/Father God to provide as many as ask for pillars of light with the pillars of light. If I don't have anything to do, how will I pass the time? It is possible that I might get bored with no pillars of light to pass down. You might say how can I be in a million, 2 million, 5 million places at once. I have the legions of light under my command and the legions of light also provide you with love, pillars of light and protection.

So let us now collectively invoke a pillar of light. To do this you will just need to follow my words.

Archangel Michael...give me a pillar of light now!

See the electric blue come down? Silver and gold energies. It is so simple.

Brothers and Sisters, I would ask you to integrate my words, ask you to integrate what has happened to you and Quan Yin asks that you engage yourselves in the yoga of unconditional love, that you engage yourselves in the yoga of non judgment, that you engage yourselves in the yoga of laughter. She is asking for a chance to speak to you.

WASHATAKA
Channelled by John Armitage
Rhynie 25Th May 1997
Good day. It is I Washataka. It is my pleasure, this day to be the mouth piece for the Galactic and Ascended Masters, the collective consciousness of the Lords and Ladies of Shamballa. Know that there is no difference between the Ascended Masters and the Galactic Masters. The Galactic Masters are aspects of the Ascended Masters and the Ascended Masters are aspects of yourselves. This information may make many ones feel shaky, it may send ripples through their consciousness, on the subject of worthiness. How can you be unworthy when the Galactic and Ascended Masters are merely aspects of yourselves? But aspects of you, aspects of me, aspects of us are not what I have been chosen to speak to you about. I speak to you on the subject of landings, this session it could be said, is an update on the landings (or the non - landings) depending on how you wish to view it.
There are many words, many channellings, many written words are being circulated on the subject of imminent landings in this Earth year of 1997. Many ones look forward to the arrival of the space brothers and sisters. Many ones are waiting to again give their power away. They are thinking that the space brothers and sisters are going to come and save them; are going to come and save you as the human race collectively. Brothers and sisters, this is not what is intended. This is not what is going to happen.
This is because we know your potential, and your wish to again give your power away to something. Many ones have given their power away to Christian fundamentalism, to Islamic fundamentalism, to Jewish fundamentalism and to New Age fundamentalism. These words New Age fundamentalism may surprise many when they hear them or read them. But believe us, New Age fundamentalism and New Age intolerance is rife. And not only rife, it is incarnate in a

very powerful way upon your beloved planet earth. This New Age fundamentalism is starting to hold many ones back in their quest, for Wholeness and love. It is holding them back because of the control issues that are always placed around these energies of fundamentalism. One is expected, according to the fundamentalists, to behave in a certain way, to eat certain things. To only eat, what the fundamentalists consider to be good food; to only indulge in activities and actions which the fundamentalists consider is good for you. And to live your life in a way they proclaim is good for you.

Brothers and sisters, I would say to you, brothers and sisters of earth, I would say to you that however you want to live your life - if it is a life of Love, a life of Compassion and a life of service, well then it doesn't matter how you live it. As long as these activities are performed in the energy of unconditional Love. Many ones maintain that certain foods are poisonous to spiritual life, that they hold you back in spiritual life. Of course these are the beings that have not yet integrated that you do on planet Earth, create your own realities. If you wish to be poisoned by your food, if you wish to be poisoned by your atmosphere, if you wish to be poisoned by other things that you take into your physical bodies, well then create that reality, and loose your physical bodies through this process that you human beings know as death. If you want to be whole, if you want to operate in the mode of unconditional Love and wholeness, well then have no fear, because you are capable of transmuting everything into Love.

So the landings... many ones are saying what is happening here? We keep having all this channelled information, all these channelled words on the subject of these landings - and the landings do not take place. Brothers and sisters of Earth, we tell you that the landings have taken place, that the landings are still taking place; on a daily basis, These landings are taking place all over the surface of your planet, the sky is full of merkabah craft. It is only because of the mass inability to raise their consciousness just a small fraction, to raise their vibrational rates a minute amount, that most cannot see this phenomena, and most cannot interact with the space brothers and sisters. Again I say to you, to help you to integrate, that I have just spoken, the landings have taken place, are taking place every day, every minute, every moment. Know that the space brothers are among you, know that the space sisters are among you. They are here and among you now.

They are interacting with you energetically, they are interacting with your consciousness, interacting with your energy fields, interacting with your higher heart centres with the energy of Love, unconditional Love. This energy of Mahatma. Those of you who maintain that you do not feel this energy of Love, these energies of interaction are, creating a reality in your own consciousness of separate -ness. These beings, or you beings that are creating this reality, have not yet realised that all ones are linked. All ones are linked because all ones are living in the creation of Mother/Father God. And Mother/Father God is the source of all of your higher selves, I am presences, or monads, whatever you would like to call them. Therefore you are all brothers and sisters. You are all interlinked, inextricably interlinked.

One cannot do or think any kind of deed or thought any where upon the planet in the waking or sleep state that does not affect everything and everybody. If you are all a part of the Creator, part and parcel of the Creator's essence, then you must be interlinked. Not only you upon your planet Earth but all of the space brothers and sisters. Each of you are parts of each other. Each of you are parts of each other. Remember this my friends, and you will move forward very quickly. I can say to you that at this time on this day, in the month that you earth beings call May, in the year of 1997, that you will not on the third dimensional level see the mass appearance and mass landings of third dimensionally manifested interdimensional travel vehicles. These vehicles are of course are merkabah vehicles. These merkabah vehicles are constructed of Light. These merkabah vehicles are constructed of Love. These vehicles are a conglomeration of the collective merkabah and the collective Love of the beings which travel within them.

Know these beings which travel within them do not need vehicles in the way that you earth beings relate to vehicles. They manifest these merkabah vehicles because it makes it easier for you as human beings to interact with the collective consciousness of the groups of beings that are trying to communicate with you. And when I say trying to communicate with you, I mean trying to communicate with you. Because it is a fact that most humans are being communicated with but they are not listening. They are shutting their ears. They are shutting their minds. They are shutting their energy fields to any communication from the higher dimensions. This is because, through conditioning, many are suffering from fear of the so-called unknown.

If these beings that are suffering from fear of the unknown would only realise that it only a small aspect of them that are living in this fear, this small aspect which is the third dimensionally manifested soul extension of the physical body and the ego that drives it. They would be clammering to have more multi-dimensional contact.

Realise that all earth beings are multi-dimensional, all beings in creation are multi-dimensional. Those that are living in the third dimension, often or mainly relate only to the third dimension, not even to the second or the first dimension, but only to the third. And definitely not the fourth/fifth, or sixth, seventh, or through the 352 levels back to the source

Mahatma.
You see every day people installing satellite dishes upon their homes and houses, every day you see and hear of people communicating with mobile communication devices, with computers via the Internet and other means of communication. On one level many humans want to communicate, but through fear they find it impossible to communicate interdimensionally or through the multiple dimensions of this great Creation of Mother/Father God. We would ask you to learn to tune in a little bit more, to at least listen to your I am presence, your monadic self, because your I am presence knows why you came to this earth. Why you chose to take a physical body and experience the experiences that you are and have and will during this incarnation. All of you without exception have taken these births so that you may assist in the transition of consciousness of the earth mother. To assist this transition of consciousness of the earth mother which to many is known as ascension, you came to assist so that this movement in to wholeness may be facilitated in an orderly, balanced and loving way.
There is a whole movement upon this planet, this movement of Ascension, through which many, many beings think that it is their way out, or their way off this beautiful planet of yours. Until you get it out of your heads that you are all going to disappear in a fluffy cloud of Light, into the fifth dimension where upon all your troubles will be over and you will live a life of ecstasy and Love with nothing to take your attention away from this. This is a completely erroneous idea, it is misinformation and control at its very best, or worst from which ever polarity you would wish to view it.
My brothers and sisters, my family, my friends on mother earth, we tell you now is the time to be grounded. Now is the time to be here in the now in your entirety. Settle your consciousness firmly into your physical bodies, and with this consciousness firmly anchored in your body physical, you may bring the energy of Love and the energy of Light, so that this energy may speed the earth mother's journey into wholeness. And as she moves smoothly and lovingly into wholeness, you my friends may become whole with her. Do not be afraid of these changes, do not be afraid of these changes in your consciousness, because these changes have been decreed by the mother/father god. And because the these changes have been decreed by the mother/father god there isn't any way that they can be stopped.
Many beings of light, many beings of love are working to bring about and facilitate these changes, and energy has been set into motion of which there is no stopping. You could say that the snowball has been pushed over the side of the mountain; and is now rolling- getting bigger and bigger, picking up speed. Moving faster and faster and faster, the snowball is already rolling so fast and so big that there is nothing that can stop it, unless mother/father god has a change of mind and intention. Of course mother/father god does have changes of mind and intention, because that is part of consciousness.
It is part of freedom. It is part of conscious use of will, part of the conscious uses of the energies of manifestation, because know that that is what creation is - a manifestation of the Creator's idea. A manifestation of the Creator's need to experience, her/himself, in wholeness and Love in multi-dimensional reality. When you move into Love mother/father god becomes even more Love. Know that mother/father god is also growing, mother/Father god is growing in consciousness, mother/father God is growing in a way which the minds of humans cannot conceive.
Through your activities as human beings, as earth human beings and the activities that the multi-dimensional star people or the star beings in your dimension within your Universe this experience of Love is growing stronger and stronger, and more powerful by the second. And because this Love is growing stronger and more powerful as is previously stated, there is no stopping it. You humans who are working on the transformation of your consciousness and the healing of the planet are we say again a force that cannot be stopped. It is not a flash of blinding light that is blinding light - but is blinding light and the constituents of this blinding light is Love, nothing more. This is why the star brothers and sisters come to you. Many of you feel fear when you hear of the star brothers and sisters activities, many of you move into this energy of fear, because there has been much interaction on your planet earth, the goddess Gaia, with star born peoples.
These interactions have not always been a pleasurable experience for you human beings. There has been occasions when you have suffered control, when you have suffered genetic engineering, when you have suffered disempowerment through the shutting down of your D.N.A., from the twelve to the two strands. There have been times when you have been disempowered through multi-dimensional, multi-body implants. There have been times when you have been sent into fear, because there have been huge battles in the third dimension, and in the higher dimensions for control of your minds and bodies and control of your planet.
Brothers and sisters of Earth these days are gone. These days, those days are in the past. In that aspect of time and space there is no going back, there is no changing what happened. Because what you suffered or what you experienced you brought upon yourselves with the level of consciousness from which you operated. A level of consciousness driven by ego. A level of ego activity fuelled by fear. Now is the time to move into Love, to transmute this fear, top

transmute all fears into Love. Know you are all Love, that you were created in Love to be Love, and you can ultimately be nothing else but Love. We show you the quick way forward into Love. Love yourselves. Love yourselves.
Many would say I can love others unconditionally but I cannot love myself. We say to you that if you cannot love yourself unconditionally then you can love nobody. You are merely again experiencing the energies of illusion - these energies which are confusing and these energies that are not working in accordance with the will of mother/father for your highest good. Of course these uncontrolled energies of fear do have a place in your evolution, do have a place in your evolution of consciousness, because one day all of you must wake up and think I am not going to live in this fear anymore. In these dark walls of illusion, being tossed like a cork in the sea of the energies that are disruptive to your focus on Love. My friends, love yourselves, love your ego.
Many ones ask how can I control my ego? I am trying to move into love but I cannot control my ego. My ego is very fond of the drama of fear, the drama of discordant energies, the dramas which revolve around discordant energies. We say to you love yourselves unconditionally and your ego will also move into Love. Your ego needs something to do. Your ego does not differentiate between fear and drama and unconditional Love and peace harmony and wholeness. It only needs to be busy. It is like a monkey, jumping from tree to tree, branch to branch. Picking things up, looking at leaves, jumping to the ground and picking up sticks and stones and immediately moving on to the next thing to amuse itself with.
if you integrate love - of an unconditional and compassionate and passionate nature into your lives, your ego will be happy to live in this love. Your ego will feel proud to be loved, and through this energy it will not want to interact with the energies of illusion and fear, so Love, Love, Love. integrate this love and walk on the mother, the goddess, walk upon her gently. Walk upon her knowing she is a living being. Stroke her with your loving feet, so that she may feel your Love. Stroke her with your healing feet that she may feel your healing that she may once again become whole in a smooth and loving way. There is no need for destruction. There is no need for massive earth changes,. It is now only necessary to make minor changes. So when we say make some minor changes some of you will go into fear and wonder if you will be included in these minor earth changes and whether your lives will be disrupted, whether your belongings and properties will be lost or even whether your physical bodies will be lost. We say to you that those who have made that choice will be there for the changes. We ask you to go through those changes in happiness. Go through those changes in Love. Go through those changes firmly in the knowledge that there was never a time that you weren't and there never will be a time that you aren't.
There are many breaks in your incarnations into physical bodies, but that does not mean that you are not. We will further reinforce that with a statement that this channel often uses himself - death is merely teleportation without the return co-ordinates. Death is merely teleportation without the return co-ordinates. So to sum up this communication from the Galactic and Ascended Masters we will say the landings have taken place. The landings are taking place. The landings will take place. We will not allow you to give your power away. We will not accept your power because we do not want it. We will give you all the help and Love that we can muster, and believe us that is massive amounts. You have no idea, even in your wildest dreams, of the amount of Love that we can send to help you.

CHANNELLED BY JOHN ARMITAGE

Welcome Rainbow Warriors. The greeting may surprise you, but do you know where the term "Rainbow Warriors" comes from? Those that are know as Rainbow Warriors are the ones which have their complete chakra system integrated. The ones whose chakras, those spinning shields of living light that shine with all the colours of the rainbow and further harmonics of the colours of the rainbow , those that have finer sight, inner seeing or the capability of seeing subtle energies can see the being that is integrated, the being whose chakras are vibrating in unison. My friends, if you could see this, it is a beautiful sight. It is a sight which in some ways is more awe inspiring, or more spiritually inspiring, than any rainbow you have ever seen in your skies. The being with integrated chakras is a being through which there is the interplay of all the energies, both cosmic, attmic and physical. This interplay of energies weaves a tapestry, a blanket which again is more beautiful than anything that any of you have seen or woven in any of your lives.
So know that now you have activated this tube of light which is your rainbow bridge. You are now also yourselves rainbow warriors.
With your new found strength, your new found energies, go forward and project these energies at your rainbows and into the lives, nay into the very consciousness of others that you encounter on the trail of life. Know that you are all capable of igniting, of integrating and balancing the chakras of all you come into contact with, that you are all Masters.

Being a Rainbow Warrior is also being a Master. So go forward from this day and place, not with the idea of battle, not with the manifestation of the warrior type energies that have caused all this disruption and so much oppression upon this earth. Go forward safe in the knowledge that you are Light, that you have been initiated into that tribe, that group, that consciousness which is known as the Ascended Masters. My colleague Vywamus reminds me to instruct you of the power of the words "I AM". Affirm that you are a Rainbow Warrior. Affirm that you are a warrior of the Tribe of Light. Affirm that you are Love, affirm that you are Christ, affirm that your hearts are open and the loving energy of Sananda and Mother Mary is flowing through your life stream and out through your hearts, this outpouring of love which has its source in the Creator, the great Spirit Mother/Father God. Allow this outpouring to flow into the hearts of all you come into touch with, all you come into contact with, and allow it to flow unrestricted and in a structured manner into Mother Earth.
Realise that Mother Earth is your true Mother, that you originated from her womb.
She nurtures you, she supports you, she feeds you and clothes you. Treat her with the respect that such a generous and gracious being deserves. Know that through your anchoring of love and this energy of Mahatma, the Mother will be nurtured. She will be brought again to full life. She will attain her starhood and you my friends, as Rainbow Warriors will become stars with her. The natural movement is forward and the result of this movement is emergence into the LIght. Know my brothers and sisters that you are Light. Know that you are Love, and know that you are all God. Take on the task of healing the Mother. Take on the task of healing the animals, the birds, our brothers and sisters the dolphins and whales, and your own healing will be complete. Again I say walk forward in Light, walk forward in Love and breathe.
Breathe properly. Not these shallow breaths of fear, for these shallow breaths activate thoughts and memories of being born, of drowning, dying from suffocation and all the other ways that you have lost your lives in previous incarnations through the lack of breath. It invites this energy of fear into your consciousness and your cellular structure.
Breathe deeply twenty four hours a day. Work on the coding of this energy and science of breath both into your consciousness, sub-consciousness and your cellular structure. Through breath you draw prana. Prana, these building blocks of manifestation.
Without prana nothing lives, without prana nothing exists, so draw this energy of Love and Light into your physical bodies with every breath and keep your feet firmly on the ground, because without connection to the Mother and your feet firmly attached to the Mother it is impossible for you to become whole. I am looking forward to the time when again I can take birth upon this planet. I'm looking forward to a time when harmony and balance has been restored, when all is Light and Love, so again we may wander the plains together, wander the deserts together, and gather the fruits of the forest together. We can share the food, this abundance of food that the Father has produced. I am Love. I am Wotanna. Bless you all.
Channelled by John Armitage (Haridas) on 22 October 1995 during a workshop held in Jersey, Channel Islands.

THE VIOLET TRIBE

CHANNELING FROM GERMAIN.

Good morning. I am Germain.

The violet tribe, people wonder what is this. What kind of idea or what kind of concept is this. Let me tell you that all ones that are attracted to come in to Shamballa are all 7th ray beings, are all predominantly working with 7th ray energies, the colour of the 7th ray violet. Hence, the violet tribe, but there is more to it. Not only are these beings working with the violet ray or the 7th ray. There is a large number of beings that have been involved with planetary history since the very beginning, since the very creation of this planet. These beings are multi-dimensionally known or esoterically known as the people of the true Israel. And when we speak of the people of the true Israel and the energy of the true Israel don't confuse this with that place in the Middle-East that really is Palestine. Israel was another illusion created to keep strife and struggle alive on the planet. The reasons why are not important in this moment, in this discussion.

So, the beings of the 7th ray and the violet tribe, understand many will say to this channel I use, when he is working in different parts of the world, in different cultures, with different races and people, in different tribes, they will say:

where do I know you from, I seem to know you forever, where did we work together before? You've all worked together before, you're all working together now, whether you know it or not. Your incarnation, since you took this incarnation you've been working together, whether you know it or not. This is why, when you heard the word Shamballa, or Shamballa multi-dimensional healing, or Haridas or Hari Babba you were attracted to it.

So, what are the people of the true Israel doing, what are the people of the violet ray, what is your place, what is your service, why do you incarnate at this time on the planet in such large numbers. Because the time is right for change. And when the time is right for change and when the consciousness of the beings of the planet is ready for change, how is this change facilitated? In many different ways through the transmission of information from galactic centre, through the transmission of information from the planetary systems that you may know as the astrological signs, from transmission from groups of beings which someone call the ascended Masters, but believe me, the ascended Masters are not the only ones wandering around in multi-dimensional reality. Do not make that mistake. They are not the only ones that have knowledge, energy and love. There are many, many, many others and in fact this term that you use to describe these beings that are commonly known as the ascended Masters in some ways is incorrect. But that's OK. Now many upon the planet have come to associate these energies with the term so we won't start insisting with the change. We'll just adjust things slightly energetically so that when you say ascended Master you do link with this collective ascended consciousness of those beings you come to know and love.

So what is your place? We've told you it is to aid this planet and the beings of this planet to move from the slavery that they are in into the freedom that is their birthright. For some of course, who'll stand in front of groups of people and encourage them to become free. Others will just be, move around the planet, just be, live your village, live in your town, even do a mundane job, you're still energetically bringing the energy of change. It's not for everybody to run around the planet, shouting about freedom. If everyone in the violet tribe were running around the planet, shouting about freedom all the aeroplanes would be full. You wouldn't be able to buy a ticket anywhere. We don't want that, we don't ask that from everybody. What we ask is though that you understand that you, each and every one of you, have the remembrance of your place, the remembrance of the memory of the violet tribe and are the people of the true Israel. That you keep focused and that you remove fear from your consciousness.

THE REIKI STORY BEFORE DR USUI

Reiki was a system that was devised in ancient Atlantis.
It was created by a high priest at the Temple of Healing, who is now known as the Ascended Master St Germain. This priest took himself away from the central temples at Atlantis, and journeyed to the far mountains of Atlantis creating his own tribe, or clan, of Atlanteans called the Inspirers. The Inspirers disconnected themselves from the mainland Atlantean dwellers. They sought to find a technique and way to equalise the spiritual development of all Atlanteans, in order to abolish and banish race differences which were judged by the psychical and spiritual progression of the Atlantean race. Many of the Atlanteans who were considered spiritually and psychically backwards were used as slaves by the priests and priestesses and the Royal families of the Atlantean Island. St Germain in that lifetime was given a number of symbols which could be projected directly into the energy system of an individual, and which would raise their vibration to a sufficient level where they would transcend their present spiritual handicap and be equals amongst the Atlanteans. He was given twenty-two symbols, a Master number. When Atlantis was destroyed St Germain journeyed with several of his fellow brothers to ancient Tibet. They tried in this place to continue this practice of raising spiritual Consciousness. In order to see how this practice would ensue they gave three symbols to a number of individuals who were in close proximity to the Atlantean landing. Many of them used the symbols and the spiritual evolution that they brought well. Others however used this power in a dark negative and baneful way. They perverted and contorted the symbols, transforming and changing them. St Germain and the Inspirers decided at this time not to give the full twenty-two symbols to any individuals, in order to keep the full power that they thought would corrupt these individuals minds from their grasp. The Reiki system as it is practised today is an incomplete system. It is a system which comprises of many symbols, some which are directly drawn from the Akashic records and have been given to mankind by St Germain, but some which have been invented, created and draw upon a different type of energy.

The above information was recently revealed to John Armitage by the Collective Consciousness of the Lords and Ladies of Shamballa (the Ascended Masters).
THE REIKI STORY

This is the story of Dr Mikao Usui, originator of the Usui Reiki System of Natural Healing. The only history we have was put on tape by a Mrs Takata, a Reiki Master trained by a Dr Havashi who was taught by and worked with Dr Usui. Dr Usui was apparently a genius. a great philosopher and scholar. He was a Christian minister and the principal of the Doshisha University in Kyoto, Japan.

The Challenge
As he took the podium one Sunday in the late 1800's, Dr Usui noticed a half dozen students in the front pew. Usually students sat at the back. One of the students immediately raised a hand. He stated that the six were co graduate in two months. but before leaving they wanted to settle an issue. First they wanted to know if Dr Usui had absolute faith in the Bible as it reads'? "Yes." Then did he believe that ,Jesus could heal by laving on hands'? again Dr Usui said he did believe. The student said that he and the others also wanted to believe and would Dr Usui please give them one demonstration. Would he please heal the blind or cure the lame or just simply walk on water? Dr Usui said that although he believed these things had been done. he himself had not learned to do them. The spokesman said, "Thank you very much. We can only say that your belief in the Bible is a blind faith. and we do not want to have a blind faith." Dr Usui's response was that he could not demonstrate at that time but would someday like to prove it. He said he would find how to do it. then come back to show them. With that he resigned, on the spot. The next day he made plans to study the Bible in a Christian country.

The Search

Dr Usui chose America. He entered a university, possibly University of Chicago, but no one is certain. He found that the Bible teachings were not significantly different from what he had studied in Japan. No one he met there knew how Jesus healed. However, while at the university, he studied other philosophies, and he found in Buddhism a passage saying Buddha healed by laying-on-of-hands. So for the remainder of his seven years in the United States, he concentrated on Buddhism, hoping to find a formula for the healing arts. He didn't. He left there to study in a Buddhist country - Japan. He returned to his own city of Kyoto. Kyoto had the most people and the biggest monasteries in Japan. He decided to visit all the monasteries starting with the largest, the Shin.

At the Shin, Usui asked a monk if the Buddhist Sutras gave accounts of Buddha healing. "Yes." He asked if the 5hin monks had mastered the art of healing the body. He was told, "We monks do not have time for the physical in reaching the spiritual growth. Spiritual healing is first." Usui walked away into the jungle to visit other temples. Their stories were the same. None of the monastery monks could heal. His last stop was at the Zen temple. Here he heard again that the monks were very, very busy and had little time for the body healing - but they were sure that someday, during meditation, they would receive that great light and then they would know how to heal. Dr Usui decided to stay on and study all their secrets. He spent the next three years studying the Sutras but without success. He then got permission to stay on at the Zen temple to do independent research.

Dr Usui learned Chinese, because the Japanese Sutras were translated from Chinese. He then mastered Sanskrit, because Buddha was a Hindu. While working on Sanskrit he found a healing formula. There was no mistaking what it was. but the 2,500 year old formula had to be interpreted and tested. He told himself. "I cannot guarantee myself whether I will live through it, but if I don't try the test, years of study will be wasted." He talked about his plan with the head Zen monk. The monk said Usui was a courageous man, and he could perform the test at the monastery.

Usui said he would rather do it on Mount Koriyama. a mountain known as an excellent place for meditation.

The Meditation

Dr Usui told the monk. "I will test myself for twenty-one days. If I do not some back on the night of the twenty-first day. on the twenty-second morning. send out a search party to find my body. I will be dead." Before departing he told the monks, "I shall go through this meditation without food - only water." He climbed the mountain.

On the mountain he found an old pine near the stream. He piled up twenty-one rocks and watered them. (I don't know why). He sat with his back to the tree with the rocks before him. He threw one rock away, then began his first 1meditation. He expected a phenomenon of some sort but had no idea what it might be or when. He read scripture, chanted, meditated. and drank water. He had no food with him. Days and nights came and went. The pile of stones dwindled. There was no phenomenon. Nothing.

On the twenty-first day, he work before dawn and threw away the last stone. The morning black was near absolute - no moon. no stars. Dr Usui meditated, knowing it was the last time. He opened his eyes expecting to see nothing, but there, on the horizon, he glimpsed a flicker of light. like a candle! He instinctively knew this was the phenomenon he had hoped for - and feared. Dr Usui braced himself. "It is happening and I am not going to even shut my eyes. I shall open them as wide as I can and witness what happens to the light."

The light moved towards him. It seemed to be accelerating as it approached. Usui became frightened, his courage faltered. "Oh, the light! Now I have a chance to avoid the light, to dodge! What shall I do!? If the light strikes me. I might burn!" But he began to brace himself. "This is best. I am not going to run away! I'm going to face it! Come! If this must be. hit me!! I am ready!" :and with that. he relaxed and, with eyes wide open, he saw the light strike in the centre of his forehead. "I made contact." he said as he fell backward from the force. When he came to, he thought that he had died because at first he couldn't see and he felt nothing. The light was gone. He heard roosters in the distance and knew it would soon be dawn.

Dr Usui sat, dazed. Then, off to his right, coloured bubbles seemed to rise from the earth. Millions and millions of bubbles in rainbow colours danced before him. then moved to his left. Usui counted seven colours. "This is phenomena! I was blessed today!" A great white light came from his right. Golden symbols appeared, one after another. They radiated out in front of him, like on a movie screen, as if to say, "Remember! Remember!" He didn't read them so much with his eyes as with his mind. He studied and studied. then said, "Yes!" He recalled all he had learned in Sanskrit as the symbols moved in front of him as if they were saying, "This is it. this is it. Remember, remember."

After the phenomena had passed. lie said "I must close my eyes. and for the last meditation please give me a vision." He closed his eves and saw the golden symbols in front of him.

The Miracles

It was over. "'Now. I can open my eves." As he regained awareness of his body. he was surprised to find no pain or hunger. "I feel my body is good. I'm going to stand up." He stood. "':My legs and feet are strong. I fast for twenty-one days. and still I feel I can walk back to Kyoto." his body felt well fed. "Well, this is a miracle- I'm not hungry. And I feel very light." He dusted himself off, picked up his cane and straw hat, then took the first steps of his twenty-five mile trek to Kyoto. The Zen monks were expecting him by sundown. Near the foot of the mountain, Dr Usui stubbed a big toe on a rock. The blow lifted the toenail. Blood spurted out. It hurt. The pain thumped with his heartbeat.

He sat down and held the toe in his hands. The pain subsided. The bleeding stopped. "Is it okay?" He continued to hold it till there was no more pain. Then he looked at the toe, he was amazed and delighted to see the nail back in its normal position. There was no indication of injury except dried blood. "This is a second miracle!"

A short distance later. he came upon a traditional mat and ashtray, which means in Japan there is an eating place near by and that all are welcome. He approached an old, unshaven man who was starting a fire in a hibachi. "Good morning old man." "Good morning, my dear monk, you are early." "Yes, I know. but may I have some leftover rice and some tea, and that piece of nori you just made? And I would like to have some salted cabbage and also some dried fish, if you have some." (This is a typical Japanese breakfast.) But the old gentleman was wise. He had served many monks after their extended meditations on this famous mountain. He knew the appearance of a seven day beard; he knew this monk had been without food for a much longer time. "I cannot let you have this rice and hot soup and all those other things, because you are going to have a huge indigestion. I have no medicine and cannot help you. Kyoto is far away. You will have to wait until I make a soft gruel."

"Thank you. You are very kind, but I think I shall try it." Dr Usui was feeling weak as he moved to a table to wait for the food. The old man thought, "Well, if he wants to do it his way, fine. I am not responsible." Soon, the man's fifteen Year old granddaughter brought a tray with lots of food. She was crying and had a towel wrapped under her chin, tied in rabbit ears on top of her head. "'My dear young girl, why do you cry."

The child sobbed. "Oh, my dear monk, three days and three nights I have a toothache so bad that I cannot stop my tears, and I cannot eat the whole time. The dentist is too far away, so I just suffer and cry." Dr Usui s heart opened to the child. He stood and put a hand on her swollen cheek. The girl began to blink her eyes. Dr Usui soon had both hands on her face. She suddenly cried out, "'My dear monk, You have just made magic! The toothache is gone!" Usui could hardly believe it. He hadn't really known what to expect from his impulsive action. "Is it really'? Are you telling me the truth?" It was true. she quickly removed the rabbit ears and was radiantly happy. Usui said. "Yes. now I believe you are well.

-The beaming child thanked him. then she ran off to her grandfather. "Look grandfather. I took off my rabbit ears! The toothache is gone? He is not an ordinary monk. he makes magic!!"

The grandfather. wiping his hands on his apron. walked over to Dr Usui. "My dear monk. you did us a great service. We are grateful. We do not have money but for our gratitude. there is no charge for the food. This is all we can offer." Dr Usui said, "Thank you! I will accept your gratitude. Thank you, very much. Now for my food." With that he turned to his food and eagerly shovelled it with chopsticks. He ate happily. The people watched and hoped this magic monk wouldn't suffer any kind of indigestion.

Later. Dr Usui reflected on these miracles. the third and fourth. Placing his hands on the child had again healed almost instantly, and he had suffered no ill effects from breaking a twenty-one day fast with a huge meal. "'Now. I am ready for my hike to the Zen temple. I shall be there by sundown according to schedule." · And so he was.

The doctor was met at the temple gate by a young page boy. Dr Usui asked, "How is our dear monk?" "Oh, he's suffering from arthritis and back ache. He is in bed near the chapel stove." Before going to visit the monk, Usui went to his own room to bathe and put on clean clothes. He was then taken to the monk. "My dear monk, I am back. :My meditation was 'a success." The ailing monk was excited by this news and wanted the details. Dr Usui said. "Yes, of course, and while I talk. may I place my hands on your silk covers?" It was late at night when the doctor shared the last happy detail. He was about to leave when the old monk spoke up, "And by the way, my pain is all gone. I can sleep now. I don't need the stove, and my body feels wonderful - you say this is called Reiki?" (In English. Reiki means Universal Life Energy.)

The Reiki Experiment

Dr Usui slept in a bed for the first time in three weeks. Next morning, after breakfast, Dr Usui presented a question to all the temple monks. "What shall I do to experiment with this Reiki?" After much discussion it was decided that the best way to experiment was to go into one of the very big slums in Kyoto. The slums were playgrounds for most every kind of injury and disease including leprosy. They chose the largest slum.

Dr Usui walked into the slum as a monk vegetable peddler - dressed as a monk with two baskets of vegetables hanging from a pole. The beggars assembled quickly. Usui told them. "Please, I would be one of you. I would like to live here." in turn, he was told, "If you want to stay here, we have a chief. We shall call him." Shortly the chief beggar made his appearance. "I understand that you want to live here and become one of us." Usui answered yes. "In that case. give us vegetables.

And there is no need to wear new clothes here. we will give you initiation clothes. they undressed Dr Usui and found his money belt. The chief beggar said he had known the belt was there and that it would also have to be forfeited. Dr Usui was then allowed to dress in his beggar initiation costume - dirty. smelly rags.

The chief asked what Dr Usui was going to do in the slum. "I would like you to provide me with food and a cottage by

myself. Then you can send me your sick and I will heal them." The chief found that to be a very good trade. "We have all kinds of diseases. even tuberculosis and leprosy. You are not afraid to touch them'? The doctor said as a healer he was not afraid of disease and promised to work sunup to sundown, so he would want meals delivered to the cottage. Agreed?

The next day many appeared at his door. Based on his own theory. the doctor categorised the sick. He believed disease was an effect resulting from some inner cause. He felt that in the younger patients the cause should be shallow and more easily treated. And this is the way it worked out. The older slum dwellers required more Reiki treatments and recovery sometimes took months. The young healed quickly. Usui sent healed patients to the Zen temple where they received a new name and a job in the city. He told them to become honest citizens, to forget the slums.

One evening, after seven long, hard years of Reiki healing, he was out walking through the slums when he spied a vaguely familiar face. "Who are you?" "Oh, you should remember. I was one of the first healed. The temple monks gave me a new name and found me a job. But now I am back. Begging is easier than hustling by myself." This was the greatest shock of the doctor's life. He threw himself to the ground and cried, cried like a heart broken child.

Most of his former patients returned to the slums. Dr Usui now realised that after all the years of searching for a healing formula and these years in the slums. He had become preoccupied with the physical side of life; he had forgotten the spiritual. "Oh. what did I do? I did not save a soul. 5o the physical is number two and the spiritual is number one. All the churches were right. I was wrong. No beggars. no more beggars, no more beggars. It is my fault they come back. I did not teach them gratitude. They are here because they are greedy, greedy people. Want, want, want- nothing in return. If I had taught them the spiritual side first, then healed the body, it would have been effective. 1Io more beggars. No more healing." Dr Usui turned his back on the slums and walked away.

The Crusade

The doctor then launched a crusade to help unhappy, depressed people. He wanted to brighten their hearts and cleanse their characters, minds. and bodies. He travelled on foot to every temple in Japan. At each he invited locals to attend his lectures. (I assume he worked on the spiritual side then healed the physical.) After one of his lectures, he met Dr Chujiro Hayashi, a forty-five year old retired military man. Hayashi stayed with Dr Usui until Usui's death. Before his transition. Usui announced that Dr Hayashi was to continue this Usui System in the Art of Healing.

Dr Hayashi later trained Mrs Takata. Between 194.5 and 1970, she was the only living Reiki Master in the world. Between 197U and 1980, she trained twenty-one Reiki Masters.... She was about eighty when she made her transition. Both Dr Hayashi and Mrs Takata practised and taught Reiki just as it had been passed on by the dear monk, Dr Mikao Usui.

workshop at Lumsden - September 1996.
John Armitage.
Tape 1:
Let's start with a name circle. So I'll start, I'm John Armitage. I'm the person who's taking the workshop. A little about myself, I teach Shamballa MDH and I work on the planet, all over the planet, earth working on the Earth's gridworks anchoring the Christ Consciousness gridworks
Not only do I do workshops on Shamballa MDH but I also do workshops on crystals, channelling, ascension, shambala healing and dozens of other things really. Whatever you want to workshop on I can probably do it. I've been involved in this kind of work all my life and it's very nice to be here with you all.
I'm Helen and I've come up from Perthshire to do the course. I know quite a few people here so I feel quite at home in Lumsden.
I'm Fiona. I did a magnified healing workshop a few weeks ago and I feel this is the direction need to move.
I'm Sally and I belong here. And I'm here open.
I'm Shona and it's good to see you back here John. I'm looking forward to doing it.
I'm Annie and we asked you to do the course. It's nice to be back. I feel as if I'm home every time I come here.

I'm Pat and I'm a complete beginner, really quite intrigued by all this stuff and I'm excited by what I see and by what I've seen so far. It's very nice to come into a situation where smiling and happy people are in. So different from the work situation I've just left. I look forward to the next two days.
Dorothy - Already into alternative therapy, reflexology, and I'm looking to extend my knowledge with reiki.
I'm Barbara. I was here the last time and I'm glad to be back here again. I'm glad the Sally and Elsabe and Lloyd have decided to ask you back. Thank you.
I'm Rosemary. I've been here several times and lucky to do so. This is the first actual therapy that I'll be learning so I'm looking forward to it very much.
I'm Anne and I'm here to learn more.
Name not heard - from Darlington.
I'm Kate. I've just come from Insch. I've been looking forward to doing reiki for a while.
I'm Kathleen. I'm here to learn and experience and share.
I'm Andrew. It's really nice to see you back here again John and I'm looking forward to an absolutely spectacular weekend.
I'm Lloyd. I come from Norway and I live here. We were just saying that every time I come back from Norway on a week's leave there's always a workshop going on which is quite nice. I've come just to connect with different levels of consciousness and healing energies to push me on to my own next step whatever that is and take it from there.
I'm Elsabe. I live here. Glad to see everybody. Make yourselves at home, you know the rules and regulations.
I'm Caroline. I'm also known by my spiritual name of Radha which is coming more and more to the fore. I've been working with John in this lifetime for about a year and a half now. I work as his personal assistant or minder, and I've recently completed my reiki masters so I'm going to be assisting John with the attunements. All I can say is, having gone, I won't say the end of the path because in many ways the reiki masters is still the beginning of the path, welcome everybody to a beautiful path because in my experience in the two or three years that I've been working with reiki now, it has been nothing but pleasure and a joy. I know you'll enjoy it and this is a great first footstep to take.
By the end of the weekend you'll have healing energy coming out of your hands. This Shamballa MDH system that we work with is extremely powerful and I'm personally surprised with the results of every workshop that we do with it. Although it says on this book Traditional Usui Reiki System, I'd like you all to know that there is nothing at all traditional about the Shamballa MDH that I teach. The reason why we put Usui System on the books and on the certificates is that the Traditional Usui Reiki System is recognised throughout planet Earth by governments as a healing system which doesn't threaten the allopathic drug companies and the doctors so therefore they accept it. Those of you who know me will know that I'm quite an anti-establishmentarian and those that don't know me will soon find out.
We're going to attune you to a number of reiki symbols. In traditional reiki, the way the traditional Reiki Masters teach it, you'd do a Reiki 1 workshop and maybe six months later you'd do a Reiki 2 workshop. The contents of your Reiki 1 workshop would include the story of Dr Usui who was the person who re-discovered reiki - there's actually a picture of him in the book on page two - and then you'd have a number of attunements and then you'd spend the rest of the time learning where to put your hands for the reiki healing system. The first thing I'm going to tell you is we're not going to teach you where to put your hands because there's no need to teach you where to put your hands. This whole thing about hands is just part of the control system and it's also a good way to fill up a day's workshop. The hand positions are actually in this book. We have put them in the book in a very detailed way, hand positions which you can actually use on yourself and use on others, and we've included them in the book for those who at the end of this workshop still feel that they need some kind of rigid system to follow then you can learn them next week. We won't spend any time on learning that here because I feel that's a waste of time. We've got mountains more healing information to give you, we've got a lot of other things to cover. People ask what time will the workshop finish - we never know what time it'll finish as my workshops never finish at a specific time and with the reiki I suppose the latest we've ever finished on a Saturday night is about one in the morning. But it's also often eight or nine o'clock so I'll ask you all to make your travel arrangements very flexible. We do have a lot to cover and a lot to do.
So there's a little about how we're going to do this workshop. We're going to attune you to energies and there are a few supposedly mysterious things about reiki, and one of them is the attunements. What we do in these attunements is attune you to a number of symbols, and these symbols are 3rd dimensional representations of energies, that's all symbols are. All the symbolism we work with in 3rd dimensional reality are representations of multi-dimensional energies.
Right, these attunements. If you look at the body as a radio receiver - which basically the human body is anyway, the meridian system is a wide band antenna - you'll realise that you can't listen to Radio 1 when you're tuned to Radio 4.

So what the attunements do is tune your body and your energy receiving system, that is your upper chakra system, to work with this energy which we call reiki. A lot of people don't understand what this word reiki means. It's a Japanese word; "rei" means universal and "ki" means energy. Many of you might know that in Taoist philosophy energy is called "chi". In Eastern philosophies it's known as "prana", we Europeans call it "energy". So that's all this word reiki means, universal energy. And universal energy is very simply summed up in the only really true healing energy - unconditional love. A lot of people have difficulty with unconditional love because they think that the emotion that they commonly experience and translate as love is true love or unconditional love but, in fact, it's based on fear. So reiki energy is unconditional love and what we're going to do is tune you in to unconditional love. Though in this situation we'll call it reiki and you'll all feel a lot more comfortable with it. If you can see auras you can tell when people have been attuned to reiki because they have a line of silver and gold in the aura, just a hand's width or so above their head. It's very easy to see, and you'll all have that too. The reiki attunements do bring this silver and gold energy into the aura. Reiki is taught in many ways and there are lots of Reiki Masters about on the planet, so let me explain a few terms related to the name "Master". A lot of people think ooh, a Reiki Master must be a most important person. What this term implies to me is a person who has learnt to work with this universal energy, this reiki energy. It doesn't mean anything else. It doesn't imply - although a lot of Reiki Masters would like to think so - that anybody is in charge. All it means is that the being who has this title has learnt how to work with these universal energies. In Japan, where this word reiki is quite common, and in esoteric disciplines, there's a lot of Reiki Masters around, many of them not involved in healing at all but in martial arts. The people who are doing martial arts are using the same energy. There's no difference. There will be another type of Master referred to in this workshop, the term Ascended Master. Now a lot of people have a problem with the term Ascended Master and they wonder who the Ascended Masters might be. They are beings who have achieved self mastery. That's all the term Ascended Master means. Through their self mastery they've taken their ascension. The only thing many western people know about ascension is that Jesus supposedly ascended on a mountain in Palestine after his crucifixion. There's no historical proof of that, all we've got is what's given to us in the Bible. We're not saying that religion is a load of rubbish. All we're saying is that religion is a control system and those who are involved in it should look at it. That's not a judgement but just an observation. Jesus supposedly took his ascension on the mountain in Palestine. In fact he didn't, and if anyone wants to know about that ask me later on and I'll tell you a bit about it. This term Ascended Master means that these beings who have this term associated with them have achieved self mastery. People who are new to this might be surprised, but once you achieve self mastery you can move multi-dimensionally and be conscious every dimensional step, whereas usually when people move multi-dimensionally they suffer what human beings know as death. So surprise surprise, the Ascended Masters are actually associated with reiki. Really we could sum up the Ascended Masters as a group consciousness. They're not individual. It doesn't imply sexism either. At one time we used to say that there were Ascended Masters and Mistresses, but the feminists started to complain so we reverted to the term Ascended Master as a blanket term. Interestingly, some of the Ascended Masters are actually terrestrial, they come from this planet, while some come from many planets and many universes. They're a group consciousness, they're not individual. It's a mistake that many people make who work with the Ascended Masters. It's a human concept to put everything into pigeonholes so they can understand it instead of just working with energy and allowing. Who are the Ascended Masters? Well, one of them has just said to me "Do you want me to download as many names as I can remember."

The original reiki system came out of Atlantis. This time that a lot of people would think is a mythical time or age on planet Earth, is in fact real. The fact that there is not really much historical knowledge about Atlantis can be summed up by the fact that, when the Earth's surface changed, a lot of people would like to say that Atlantis was destroyed, but part of the events that took place was that the Earth's magnetic gridwork went down. Every time there's a reversal in the Earth's magnetic gridwork - and we're coming up for one now again - the collective memory gets lost and that's why no-one remembers what happened. That's not the first time it happened either. A lot of people - scientists and the like who are working with incomplete Victorian theories - are trying to convince us that human beings have not been around on this planet for too long because they can't find any historical or even archaeological evidence of it. There's actually been life on this planet for many, many, many millions of years. So reiki was invented in Atlantis by this being we know today as Saint Germain. He was called something different then. Historically it's provable that he was around in Europe for over five hundred years. But he was the inventor of reiki and reiki was actually invented, or rather incarnated, to help bring about spiritual and even academic balance in Atlantean society. Now many people who believe that Atlantis did exist think of it as a golden age in the history of human beings, but in fact it wasn't like that at all. Alantis was a difficult time for human beings. There was quite a lot of spiritual work going on at that time but also, on the other hand, there was a lot of control and manipulation. Many beings were exploited. In fact, the Indian caste system is a remnant of the great Atlantean control system. There are strong parallels between Atlantean society and

today's society, and those with strong Atlantean memories and connections will know this. Also during early times of Atlantis, after what was probably known as Lemurian times, there was a lot of experimentation and genetic engineering going on, as there is genetic engineering going on right now. And if we look at some of what is happening today, genetic scientists are talking about incorporating vaccines into grains. They're incorporating genes from animals into fruits. There are a lot of things going on now that don't make it into our Sunday papers or TV because the media is controlled. Also in Atlantean society there was the great nuclear faction and there was also the faction that worked with crystals and natural energies. And today it is much the same, so you can see that Atlantean society is being reflected in today's society much more powerfully than people understand.

Because there was a lot of genetic engineering going on in Atlantis, and it wasn't understood that human beings would want to mate with animals, there were a lot of strange looking beings around which were half-human-half-animal or half-human-half-bird. It was only afterwards that cross blocks were put into the DNA to stop that happening. So Germain and his tribe, known as the Inspirers, did a lot of work with those beings. They also worked with very advanced surgical techniques to make these beings appear as ordinary as possible in Atlantean society.

So the true reiki system, the original reiki system, had 325 symbols. Now when you think that, in the Usui system, when you go to a Reiki Master, you get 5 symbols, you can see that the traditional system works with a very small portion of what the original reiki system was about. And what Germain told us was that he and the Inspirers, and that legendary being known as Merlin in King Arthur's court, took themselves off to an island - Atlantis wasn't destroyed in one fell swoop, there were various things that broke up the continent and it was split up into islands and one island was known as Undal - where they worked on themselves and on the spiritual system that they were evolving with symbolism. And when they knew that their island too was sinking under the waves, they went off to Tibet. At that time the Tibetans were into a philosophy known as Bompo with many of them living in monastic situations even then, and the philosophy they followed was actually no rules, no philosophy. It was basically shamanism on an individual basis. Many of them worked with different energies. So Germain gave them a few of the reiki symbols and then watched to see what they would do with them. Well, over a period of time some used them for the benefit of others and some used them for the benefit of themselves as control systems by changing the symbols. The great thing about reiki symbols is that in their correct representations the energies can't be used for anything except to work with the energy of unconditional love, but by changing them around in different ways you can actually use these symbols to work against others. My personal experience of that is in one of my lifetimes in Atlantis I got tied up by some beings using reiki symbols, and I didn't have the knowledge to free myself of the energies which surrounded me, and then I had to go to Tibet and spend a few lifetimes there, one of them with the Ascended Master Dwal Khul, to get away from this influence.

So what you're being told here is that reiki is a very powerful system.

Now, if we bring it into the modern world, Buddhism came along with Buddha Matreya - surprise surprise another Ascended Master - and Buddhist teaching spread into Tibet and some of the reiki symbols got incorporated into Buddhism. In the traditional reiki system the symbols which are given are supposed to be kept secret and not shown to anybody. If you did a Reiki 2 workshop with a traditonal Reiki Master you wouldn't go away with a book with the symbols you'd been taught, you'd have to destroy all physical representation of them and remember them. This is how much the control system is in the traditional reiki system. But you can find the reiki system in other esoteric works which have nothing to do with healing and reiki, in works on esoteric Buddhism and also in Sanscrit literature some of the symbols are actually present. So some of it was incorporated into Buddhism and this symbol here, which is known as the Antahkarana, was also incorporated into Buddhism. In fact, this symbol comes out of Lemuria rather than Atlantis, it's one of the oldest symbols which is known on the planet. ow this Antahkarana has an energy of its own, it's multi-dimensional, it will connect you with the source. It's impossible to do anything to this symbol to contort its energies. This is one of the symbols we'll be attuning you to. The symbol is in the book with a write up on how it's used.

Well, now might be a good time to have an energy experience, so if you'll look on page 70, you'll see the Antahkarana symbol. If you put the book on your head like this with the symbol on top of your head, and just sit quietly for a few minutes.... I'm sure at least some of you can feel the effects on your crown chakra when you put this symbol on top of your head. You can also put it on your heart and I find sometimes that it's even more powerful on your heart than it is on the top of your head. It's a very interesting symbol that one.

We won't talk about the symbols too much now as that is part of Sunday's work. In the front of the book on page 1 you'll see your reiki lineage which officialdom likes to see. It comes down through Usui, Hyashi, Takata, Furumoto, Florance O'Neal, and then Farley, McMain, Coffman, Gonzalo Nava, then Jean Honeyman and myself, and then down an unofficial line through Barbara Ray. On the right hand side is the Reiki Association line, and you'll slot yourself in

at the bottom.
So the Tibetans used reiki and they incorporated it into esoteric Buddhism. In actual fact the reiki symbols which had been given to the Tibetans weren't well publicised in Tibet and those that had them tended to keep them to themselves because that gave them more power over people. It was then mostly lost because it went from Atlantis to Tibet and then Atlantis disappeared under the waves and only the Tibetans had it. Then in comes our friend Mikao Usui who, in the traditional reiki philosophy, is the person who supposedly recovered the reiki symbols. The story goes that he was a Christian teacher and some of his students actually asked him if he believed in Jesus, and he said yes, and they asked if he believed Jesus did the healings he did, and he said yes, and they asked if he knew how Jesus did it and he said no. Then they said that Jesus isn't really integrated into his life, that he just had blind faith, which is supposed to have fired up Dr Usui on a mission to find out how Jesus did his healings. He went all over Japan and Tibet and studied Sanscrit scriptures, and then during a meditation on a Japanese mountain he had visions in which pink bubbles appeared in his meditation which contained the reiki symbols. The the story is in the book so we're only going to spend a few minutes on it. He tried out the symbols in a few situations and found that they worked, so he dedicated his life to using these symbols to heal people. In the traditional Usui story it says that he studied at the University of Chicago. Well, one of my colleagues, another renegade by the name of William Rand, checked all the records at the University and there was no Mikao Usui who studied there. There's actually no trace of him in America at all. What we think now, and we've had some information through channelling, is that this story about Usui being a Christian was actually made up by Hayashi and Takata to make reiki acceptable to the western world. People might have said it was put together by Buddhists and it's a foreign philosophy and they're Christian so would have nothing to do with it, but the fact that it was put forward that Dr Usui was a Christian means that western people would take to it quite easily even though he was Japanese.
There's a message in the front of the book from Germain, which I channelled on 16 March 1996, the day after we finished putting this book together, which says that reiki is a gift from God. Not only is it a system of healing, it is also a way of accelerating your spiritual development. That is the thing about reiki, it isn't only a system of healing. The reiki attunements actually link you in to these higher energies. They also link you in to your I AM presence which is your true self. Not your soul, your I AM presence. When you get connected to your I AM presence you stop just bumbling around like a ball on a pin table with no control over it, you start to know the reason why you came to this Earth. You came to this Earth because you chose to, you made a conscious decision to incarnate. And you also made a conscious decision when to physically separate from your mother. Those of you who know anything about astrology probably know that your astrological chart is your personal energy blueprint for this life, the energies you need to work with in this life. Many people don't realise that you make your own choices because their disconnection is so great. Their involvement with 3rd dimensional reality and this dense energy, they lose their connections. And, of course, society, education, church, all are control systems to disconnect you and keep you under control. Now, when you're born you're fully connected but become disconnected through these influences.
These days there's a lot of controversy surrounding abortion being murder. Well, we can tell you that it isn't murder although it's not a recommended form of birth control either. The soul doesn't enter the body until, at the earliest, shortly before birth and, at the latest, a few months after birth for those souls who don't need to experience the birth process. A lot of what is being put forward about abortion isn't true.
So when you're born you're fully connected and as you grow you become even more aware. Children are fully aware of the angels and the Ascended Masters and the spirit guides, but through the conditioning system they are closed down again, through schooling and now even pre-school play groups. One of the down sides to play school is that they're taught competition at a very early age and when we're taught to be competitive, to fight to be the best, we stop thinking about other people. One of the greatest scams there is. And the people who run the pre-school playgroups and the teachers are themselves disconnected, so when the children start talking about the fairies and angels at the bottom of the garden, they're told these beings don't exist and to stop being so silly.
So we'll move to the I AM presence. The I AM presence is the real you. Most of you, through religious philosophy, were taught to believe that your soul was you, but in fact there could be 144 souls, 144 of you in it. The I AM presence is that individual spark of consciousness that was created by the Source. Also, there's no such thing as young or old souls. This is all part of the control system, another way of making people feel inferior and others feel superior. This thing about old souls and young souls is a fallacy. There's not one shred of truth in it. It could be true that some souls have had more experience on planet Earth or in 3rd dimension reality and this might make them, in inverted commas, a bit more worldly wise. The I AM presence is known esoterically as the Monad, and all Monads were created at the same outpouring at this round of creation. Each Monad has the capability of creating 12 souls, and each of those 12 souls can create 12 soul extensions, which is where the 144 comes from. And in this New Age of Aquarius which is

becoming manifest on the planet there's a lot of talk about the 144 thousand, and that's where it comes from. It does sometimes make human beings feel a bit shaky, when they thought there was only one of them and they find out there could be 144 of them. Where are they all living? Are they paying the rent? Are they working on your behalf? Interestingly they're not always working on your behalf because it's not necessary that they're all manifest at the same time. It's not a hard and fast rule that there's 144 of you on planet Earth, but there could be and that would be your soul group. The other manifested aspects of your soul extension could be existing anywhere in multi-dimensional reality, they could be in any universe. So you can see that we can expand ourselves as human beings into many many different aspects.

Now seeing as we're teaching you about reiki, we'll also give you a bit of information on what can happen to you as a human being. You might be the only one of your soul group that's incarnate on planet Earth in 3rd dimensional reality, and if that's the case usually you're in for a lot of trouble. I've used this method myself so I'll just give you a small bit of background in telling you how to deal with it. What often happens is that many of your soul group are incarnate in different dimensional realities or other universes. We're in the densest matter in creation, 3D, and it's very easy for us to learn lessons here. You might not think it's easy when you go through all the stuff you go through, but in fact 70 or 80 years on planet Earth is nothing out of eternal time. What can happen is that the other 143 of them that might be manifest can be downloading their crap to you and you're working it out in the 3rd dimension. For most human beings it's not all the other 143, but a good number could be downloading their crap to you to deal with. Now it's also interesting to know that in the 3rd dimension you have the best chance of ascension that there is, even with all that crap. But you don't need to have that crap because as soon as you realise what's happening, you can actually stop the crap from being downloaded just by affirmation. All you need to say is: I affirm from this day forward I will not take any karma from others of my soul group. So although most of you probably never expected this kind of information in a reiki workshop, it's actually very relevant to everybody's life. When Germain gave me this information originally, about the transference of karma, I said 'But Germain, if they're downloading their stuff onto me, and I'm dealing with it, I can do that for my soul group', and he said 'Hey come on man, it's crap and as such you don't need it. Why should you martyr yourself over again? How many times have you done it?' And when I said I was working really hard on my ascension, he said that when I reach wholeness, the other 143 have the chance of going with me, so why don't I do them all a favour and just don't take any more, really work on integrating my wholeness into my life now, taking my ascension as it stands and integrating with my I AM presence. To me this was interesting information, so what I did was start affirming 33 times a day, 33 is a magical number. Most people don't realise the power of affirmation. You can get anything you want through affirmation. I'm channelling the energy of Germain now, and I have been since I started, and this is one of Germain's great things, that most people don't realise that what you think is what you get. Many people don't understand why there are so many discordant energies in their lives - they're present in your lives because you worry, and when you worry you actually manifest those energies in your lives. A lot of people have problems in their lives that they say are their worst fears manifest.

Well, if you actually think about that statement, my worst fears manifest, you can see that when you live in fear and are always fearful of something, you bring those energies into your life through affirmation. And every time you include the words 'I am' before these things, it amplifies the affirmation by thousands and thousands of percent. This affirmation 'I am' is the most powerful affirmation you can make.

Now, you're all here to work as healing practitioners and this is all part of the information that you need. You'll get people come to you and say 'I can't move my knee, can you heal me?' But having a stiff knee isn't what's wrong with them at all. Having a stiff knee is the last thing that's wrong with them. That is where allopathic medicine fails because it's trying to treat the symptom and not the cause. Why have you got a stiff knee? is the real thing. As a healing facilitator you must learn to talk to people.

You'll find that people say 'I am' and then put statements behind the 'I am' that are not of the essence required to be whole. Some people like to use this word 'negative' statements but we ask you all as beings of light to eliminate certain words from your vocabulary and the first word we'd like you to eliminate is 'negative'. Another word to eliminate is 'sorry' because we don't want any sorry beings on this planet at all. Also, as light workers and people creating your own reality, we'd like you to eliminate words like 'what if, but, can't, should, if only' because they all mean nothing. You are all creators and co-creators of your own reality and if you want to live in fear and confusion and disharmony then create that reality, but if you want to live in light and love and balance and in connection with your I AM source then create that reality. Whatever statement you use to create your reality will manifest. It's interesting that so many people have stuff happening in their lives that could be summed up as fear based, and spend so much time doing things they don't want to do. What kind of reality is that? The only thing to do is to live our life in the only way you should - in harmony and love. But then the next question in the minds of human beings is 'How am I going to live?'

You're going to live very well if you live in harmony and love. 'But I've got a mortgage to pay.' Well, what's that got to do with it because if you live in harmony and love you're linked in to the abundance. People worry so much about money and how they're going to facilitate their lives in the material world and through doing that they actually dis-associate themselves from the energy and fail to see the opportunities that your I AM presence and the Source send you a miriad of times every day. This universe, and especially this Earth, is a very abundant place. There's more than enough for everybody here, of everything. The Andromedans pointed out to me that human beings are the only beings in this universe who actually allow their brothers and sisters to go hungry, who kill their own kind.
They don't understand us because there's enough of everything that we need here. All of you can tune in to the abundance. All of you can allow this abundance to flow through your lives. And the days are gone and the control systems are gone that say to be spiritual you need to be broke. You won't go to heaven unless you're poor. Going to heaven has got nothing to do with being poor. Going to heaven has got nothing to do with being rich either, unless it's rich in spirituality and love. Really what we're talking about is integrating unconditional love into every split second of our waking and sleeping lives. If you integrate unconditional love into every waking and sleeping moment of your lives, you've got an abundance of everything. If you feel you're separated from the abundance, we've just given you the way to tune in on it, get your beads out. State your needs to the universe. There's nothing wrong with stating your needs to the universe, because if you don't state your needs the universe doesn't know what you need. Can you understand that? The universe can provide everything for all of us because there is just so much of it on this planet. The whole thing is to focus on this unconditional love, and through love and service to others, through compassion, walk forward into wholeness. The whole of humanity can come into wholeness through service and compassion to others. Without this there's actually nothing to live for in 3rd dimensional reality. You might as well quit now. There's nothing else worth working with. But through competition and conditioning and this unworthiness thing, (end of tape 1 side 2).
.... which has been pushed into your lives, which has been bang bang banged into your consciousness day after day, some of you for many Earth years, you start to believe that you're unworthy, you start to believe that you're no good, you start to believe what you're being told and that disempowers you. What we're teaching you to do, and what we're hoping you will do through attuning you to these reiki energies, is to take your own power back; expand your heart with love, expand your solar structure with light, and pass on this love and this light through everybody that you meet.

Reiki workshop at Lumsden - September 1996 (continued)
John Armitage.
Tape 2:
.... which has been pushed into your lives, which has been bang bang banged into your consciousness day after day, some of you for many Earth years, you start to believe that you're unworthy, you start to believe that you're no good, you start to believe what you're being told and that disempowers you. What we're teaching you to do, and what we're hoping you will do through attuning you to these reiki energies, is to take your own power back; expand your heart with love, expand your solar structure with light, and pass on this love and this light through everybody that you meet.
Not only every human being, but every animal, every insect, every blade of grass, every tree. All you beings are part of the whole. You can't do anything without affecting this one, someone can't step on an ant in China without affecting the consciousness of everybody in this room. Realise that because you are all of the Creator, part and parcel of the Creator, that you're all interlinked. You can't do anything to anybody without affecting everybody else. Nobody can do anything without affecting everything. When you bend a blade of grass when you go across the garden to go for a smoking break, you affect the whole of creation. That is how connected you are. So, if you create a reality of love and you create a reality of light in your hearts now, the whole world becomes love and the whole world becomes light. You can wake up in the morning, all of you, and say 'Well I'm not part of this, I'm not part of these discordant energies, I am not fearful and I am worthy'. You see, most people have lost their sense of worthiness. I am not good enough - you hear it all the time in spiritually orientated and energy workshops: 'I came because I wanted to learn to be spiritual but I don't know whether I'm worthy of this.' It's so ingrained into everybody. The church did it to you because they wanted to control you. You see, there's a basis of truth in every religion - every religious philosophy is based on truth, but when it turns out into a religion it becomes a bastardisation of the truth. All world religions are now inter-related with State and with government, and if you have a religion that is inter-related with State and government, it can be nothing but a control system and it can't be true. Things get changed, they get contorted, and you're taught things which make you stick with the control system which takes away your individuality, and taught that if you're different people will, at the very least, laugh at you and if not persecute you. So we'll ask you to think about what's being said, and we'll carry on with some reiki philosophy.

But this is reiki philosophy. We've given you the basis of true reiki philosophy. Take your freedom, take your power into your own hands, fill your hearts with love, create your own reality, create abundance in your lives and in your minds and realise that these words 'I am' are the most powerful words in the language that you speak. It is the true meaning of attunement and empowerment - I am. Of course, you'll hear us use these words 'I am that I AM'. These words 'I am that I AM' actually tune you in with your I AM presence and this is the reason why the I am statement is so powerful. Now we'll give you one or two little things to work with as this is a multi-level workshop with some of you as beginners. The first thing is, when things start happening in your life which are not really happening in accordance with the will of your I AM presence, and energies start moving into your life that you don't want to be in your life, what you can do very simply is say 'Back, this is not part of my reality, I am not part of this, I am that I AM, I am love', and it's amazing how it works. You can be in situations where there is complete mayhem around you and you can be totally focused in love and totally focused in light, just by saying 'Get back, you're not part of my reality'. And if you can't get focused enough to do that, another great thing is, when you get discordant thoughts coming into your thoughts and discordant energies coming into your life, call in the silver-violet flame. This flame has an insatiable appetite for discordant energy. It transmutes anything into love. You could say that it's the cosmic version of Domestos; it transmutes all known unwanted energies. This silver-violet flame you can invite into your life and into you energy system. It's very easy to work with. You can use an affirmation that transmutes discordant energies very easily. As you'll meet people that you can give this affirmation to in your work, whether you're doing reiki or whatever. The affirmation is: 'I am a being of silver-violet fire, I am the purity God desires.' Now, if you use this affirmation everything around you becomes violet. And if you chant this affirmation in your healing room or in your living room or in your car or even in your office, you'll find that everything becomes violet, if you've got clairvoyant sight. As soon as you have discordant energies and thoughts moving into your consciousness, use this affirmation: 'I am a being of silver-violet fire, I am the purity God desires', and the energy immediately changes. You can also use shortened versions of that, you can just say 'I consign these thoughts to the silver-violet flame'. It is so powerful. Most of you humans will be amazed, when you use it, how powerful it is. You can all say it after this channel: I am (people repeat, I am).... a being of silver-violet fire (a being of silver-violet fire). I am.... (I am).... the purity God desires.... (the purity God desires). Now if you shut your eyes some of you will see and feel this, those of you who have clairvoyant sight, you'll see and feel this energy.

So, there are some very useful pieces of information for you to work with. So we've talked about reiki a bit. When you start working with the reiki energies, many of you will start having very different experiences than you've ever had in your lives before. We want you to understand that these experiences are because you're being connected to your I AM presence. You'll find that all of a sudden you'll know what the problem is with people, you won't have to cross question, you won't have to talk to them about their physical ailments. Many people become clairvoyant after reiki attunements, not in a way that you can rent yourself a space in the back of Kath's shop and buy yourself a head square and make a living out of readings, but you'll find you do become clairvoyant and you'll find it easy to get to the root of people's problems just by relating to them on a higher level. We'd also like you to understand that reiki attunements are not only for people who want to be healing facilitators. What we're trying to encourage people to do in today's world in the situation the planet's in, we're asking as many people as possible to go into higher levels of reiki training's so that, instead of allowing people to come to them and give their power away to them which is the human way, 'I hear that you're a great healing facilitator, cure me', instead of giving people healing sessions, give them reiki attunements. So we are encouraging people to move on from basic reiki up to the level of being able to pass on attunements to other people because you're actually doing more for people by passing on attunements to them rather than allowing them to give their power away to you in a healing session. What these attunements do is accelerate you spiritually because they connect you with your I AM presence. If you' re connected with your I AM presence then there's no need for disease in the physical body. One thing to know about reiki is that on one level reiki can facilitate the healing of anything. The traditional Reiki Masters will tell you that reiki won't grow new limbs but what I say to you is don't limit yourselves. You're multi-dimensional beings, you're creators and co-creators, so you can achieve anything with reiki. It's also as well to know that sometimes you'll get people come to you to have their wholeness facilitated by you but you can't do anything with them at all. The reason for this is because their I AM presence has decreed that they will suffer this; their I AM presence has decided that the suffering will be the lesson for this life. So therefore you will have people come to you who are not connected with their I AM presence and ask you to facilitate their wholeness. Never take it personally that you're not capable of facilitating a person's wholeness. What you have to learn to do is stand work that you do as a healing facilitator. You have to get yourself into the frame of mind and appreciate that, if you get your ego out the way, it doesn't matter if the person gets well or not. What you do is you give them the energy and the information they need to come into wholeness, and if their I AM presence doesn't want their physical vehicle to come into wholeness,

then their physical vehicle won't. Now, a lot of people think that's failure. It's not failure at all. 'You can't win them all' is the saying in 3rd dimension. So never take it personally if you can't facilitate wholeness for a person. Just stand back, put the ego aside, put your own desire aside, and allow, just allow. And if it's in accordance with Divine Will and the will of the I AM presence, the essence of the being themselves, wholeness will come about. Some beings take on disease as learning lessons in lives, and unless the lessons have been learnt the disease can't be removed.
You must understand what this word 'dis-ease' means. This word is actually misused, it should be hyphenated, it should be dis-ease. Because that's what sickness is, it's dis-ease. Disease is another word that brings about fear in the minds of humans. Let's look at some of the dis-eases that do that - cancer, the big C. Cancer is the thing that, if your allopathic healing practitioner says you've got cancer, everybody thinks they've been sentenced to death. In fact, people get sentenced to death daily by the allopathic practitioners because they have some interruption in their vibrational energies in their physical bodies, and when they get sentenced to death many of them believe it so then they quit their physical bodies. Their families believe it so they put the energy into it. It's the same as AIDS. AIDS is a transformational disease just as cancer is. If you transform your consciousness, it's gone. People say AIDS is God's retribution on the homosexuals, God's retribution on intravenous drug users. God doesn't reek retribution on anybody. God is all loving. God never punishes anybody. The punishment that people think God reeks upon them is the punishment that they reek upon themselves. These are transformational diseases. But people contract these diseases and they get sentenced to death and they believe it. But the people who don't believe it mostly don't die, did you know that? It's very interesting. I've worked with and cured cancers and AIDS with various methods long before I knew anything about reiki, and when people said how did we cure these people, we said that we transformed their consciousness. What we did was give them methods to understand that they're eternal spirit souls and they were worthy in the eyes of the Creator. What we did was lift their self esteem and got them to work on aspects of their consciousness to do with self esteem. Why do you use drugs intravenously? Because you don't have any self respect. Because you want to get out of it. You want to get away from the material world because you think you're not worthy and you don't want to be here and you've got no self respect. That's the only reason why you do it. Many people in homosexual relationships have very loving relationships in a very balanced way. Others who indulge in homosexual practises have sex with thousands of people, dozens of times a day. Well, what drives a person to do that? Lack of self respect. Lack of knowing who you are. You can sum it up in 3rd dimensional language by saying 'chasing the vibe'. So you can see, when you understand the energies behind these things, how to lift people out of those energies through counselling and through love. A lot of people have survived AIDS and more people have survived cancers. But then again, you won't be able to cure them all because some will go. There're so many human beings on this planet and there're so many human beings who's time of incarnation is finished and they have to go somehow, so lets have a disease and get out. Humanity hasn't learnt yet that ascension is their birthright. And you don't even have to die. It's interesting that, because some people have only just come to terms with reincarnation and now reincarnation is out the window because you don't have to die anymore. It's great fun isn't it. Doesn't it really keep human beings on their toes, give them something to work with and break down their barriers and their belief systems, press their buttons and really get them working. This is the great thing. So never limit what you can achieve as a healing facilitator using the reiki energies. Just do not limit it. You can tackle anything.
And another thing to understand is that, if you're focused in love and you're focused in light, and you don't have any fear in your own heart, that you'll never contract any disease whatsoever through working with people who have disease. You can stick your hands in anything and you'll never get sick. I remember years ago when AIDS was becoming popular I had friends living in London who were friends with some guys who were waiters. We used to call them the gay waiter gang. All these waiters were gay and really nice guys. They were all HIV and we said that we could cure that but they didn't believe us, but when they got full blown AIDS some of them came to see us. They came and stayed with us, my wife and my family, for a week while we did some work on them. So one day we decided to have a celebration so a couple of them went into Taunton which is about 12 miles away and there's a Sainsburys there and they came back with four cases of pink champagne - being gay waiters they're into the pink version - so we started knocking the tops off these bottles of champagne and then one of them passed a bottle over and I drank from it and one of the guys said to me 'Hey, you shouldn't have done that, I've got AIDS.' and I said 'So what, I'm not going to get it'. I told them that AIDS was not on my agenda for this life so I just wasn't going to contract it and they couldn't believe my attitude towards it. What we want you to understand is that you can work with any kind of disease. People freak out about leprosy. I remember in India when they brought the lepers to the temple and I would put my hands on their sores, people would freak out and say I'd get leprosy but I knew I wouldn't, I was their healer. Diseases work in cycles, they come and go, so there may be times when you're called upon to work with an outbreak of typhoid in Aberdeen, don't be afraid, just get on and deal with it, stay focused and everything is perfect. Stay focused in love,

focused in light and you'll never contract anything from anybody.
Working with reiki, people will come to you and say they've got a stiff knee or elbow, or indigestion or high blood pressure, but ultimately you need to get to the bottom of it and it's as well to know that well over 90% of all diseases are emotionally based. This is based on my research over the past 30 years. So when you start working on a person's stiff shoulder or whatever, realise that other things are going to come up if you're doing your work properly. Get people to talk. By getting people to talk you get them to come to terms with their problems. This is where the allopathic system falls down. The allopathic medicine system falls down because, if six of us go to the doctor with a stiff knee, we'll all get the same prescription. If six of us go to a holistic doctor or homeopath, we'll get six different prescriptions. Everything needs to be tackled on an individual basis. When you start working with people with love in your hearts and love in your hands, and with light, people will go into emotional processing. And when they do, feel really pleased with yourself because you'll know you're actually getting down to their nitty gritty. So when people go into emotional processing just go for it, just allow it to happen.
Also know that some people block healing. Some people don't want to be healed. On one level
they come to you say they want to be well but then block it and if they do well, it's their affair. As mentioned earlier it could be their I AM presence but also some people block because it means they'll have to make changes in their lives and they've got to start taking responsibility. You'll come across people who don't want to take responsibility for their lives.
So what we need to do in reiki is restore each individual's seed blueprint for wholeness. We all come in with a seed blueprint. Creation has a seed blueprint, it exists in the mind of the Creator, and all beings, all I AM presence's, have a seed blueprint for consciousness and life in every lifetime. Now what does wholeness mean? There's only one way to translate this word and it is love. Other than that I can't tell you what wholeness is. We talk about it a lot and we strive towards it, but all I know is that wholeness is love. And the love is unconditional.
It's nearly 10 o'clock now so we'll knock of soon and continue again tomorrow. See this as the evening primer. Tomorrow is going to be a long day.
Question: You've said a great deal common to the Christian ethic and belief, and also a great deal against the Christian belief, but speak of God a lot and I find this whole thing very confusing because you're mixing up a whole lot of different philosophies and taking bits from Buddhism and bits from Christianity and bits from all over and sticking them all together as a whole. I just wonder if anyone else is finding this the same. I wouldn't call myself a Christian now, but being brought up in the north east of Scotland I've had a very Calvinistic background and I recognise a lot of what you're saying, it was thrown at me Sunday after Sunday. I find this confusing.
I don't understand how you can find it confusing if you understand that all religions are based on truth. The only problem there is with religion is that most of them turn out to be control systems and the truth is actually bastardised. The basic philosophy of all religions is based on the whole truth. The word God brings about all sorts of rigid patterns in people's minds so you could substitute the word Source and negate the God fear or the God reactions in people's minds, but I like to use the word God because it pushed buttons and gets people thinking. My work as a facilitator in the work that I do is to get people thinking and to press buttons. I came here to get people going and I love it when I do get people going. I understand religion because I'm a Doctor of Divinity and a Doctor of Metaphysics, I studied religions and I lived in India for 6 years. Jesus is actually one of the Ascended Masters and he came here, like Krishna who is known to the Hindus, to teach us about healing and unconditional love. Krishna and Jesus didn't come here to have a religion built up around what they said. Religions are built up around bits of the truth and do get brought into control systems. What I'm talking about is the absolute truth. Let's take away the control systems, the unworthiness, you won't smile and laugh if you're holy stuff and all the other things that they told us. That's the way I see it. On a a personal level I'm just presenting the facts as I relate to them, and if I'm channelling I'm presenting the facts as related to whomever I'm channelling. I don't take it personally so I don't care whether you believe it or you don't. I don't have any attachment. I'm only here to present the facts as I see them. That's the job I've taken on. Can you understand where I'm coming from? All I know is, when I've done these reiki attunements on you that you'll have healinenergies in your hands.
Question: And that can happen regardless of our previous beliefs?
Yeah. Regardless of your previous conditioning or beliefs. Or even your present beliefs. The reiki have nothing to do with the information that's been presented so far, except for what the attunements do. They attune you to the energies of the Source, or God.
This word God, like I said, does bring up rigid thinking patterns in the minds of human beings and the idea is to break down those rigid thinking patterns and free ourselves and allow our minds to wander multi-dimensionally and look at truths from different angles. That's how we learn the essence of the truth. I'm still only presenting to you an aspect of

it, I'm not presenting the whole truth because this is a reiki workshop and I don't have the time and maybe I don't even have the knowledge. I can only present to you the truth as I personally relate to it in my state of development now. I can tell you that my truth now is very different from what it was 5 years ago or even 2 years ago, and in another 2 years my truth will be different again because I'll have more knowledge to relate to and I'll have more connection with the Source of all Creation, so I'll be able so see more of absolute reality as it stands.
So we're going to knock off now for the evening.
Is everybody here? Okay. You need to drink a lot of water because different energies loosen things up to flush out the toxins. If you don't you might get a cold and the toxins will come out in the form of mucous, or you might get diarrhoea and the toxins will come out in that form, or get a fever and the toxins will get burned out in sweat, so remember to keep drinking to flush it out.
Last night we talked about a lot of things and we'll move on with reiki today. We're going to do 3 attunements today and we'll do the first in the next hour or two. Then after each attunement we'll be doing some healing practise so that we can work with these energies. The thing with working with reiki is that, during the first month or so, you should work with this energy because it actually grounds it into your physical body and gets you used to having this energy running through you. After each attunement we'll have some healing practise. So, what can you expect? The secret of this is to expect nothing during the attunements, although most people experience something. Some people try and spend their life in total denial and insist that they didn't feel anything as well.
So lets talk about Dr Usui awhile and how reiki came to be spread. The story goes that, after he came down off the mountain, he decided to work with very poor people, so he went into the city and teamed up with a band of beggars so he could work with them in healing. So he actually gave healing free to anyone who came along. But what he didn't realise was that, if you don't get commitment from people, they get sick all over again and in the end he got very disillusioned with his philanthropic operation and insread decided to travel and talk about healing. He then met up with Dr Hayashi who was very taken with Dr Usui's healing system, so he stayed with Dr Usui until Usui's death. It was then that Dr Hayashi set up a clinic to treat people with reiki and he then trained this lady Mrs Takata. She was the one who spread reiki out into the world in the early days. In fact, between 1945 and 1970 she was the only living Reiki Master on the planet. And between 1970 and 1980 - this is how recent it is - Mrs Takata trained 21 Reiki Masters. Nobody really knows how old she was when she decided to move on, but they reckon she was around 80. She was a very amazing lady. Sometimes she does appear around the workshops and she has been seen during attunements.
But I'm not going to give you any expectations. Most people experience something while some people try to deny their experiences, but we have had a lot of people activated in clairvoyance.
A lot of people have seen different beings around, from Mrs Takata to Sai Baba.
So, the two precepts of reiki. And this doesn't only apply to reiki, I think it applies to all healing modalities and disciplines, is that the person must ask. A lot of people say well, we'll give healing to everybody without being asked, but on a physical level people should ask for healing. You can present the information to them, that you're a healing practitioner, and then leaver it to them to ask, because when people ask you actually get a commitment from them. It's necessary to get a commitment from people in healing disciplines, because if you don't they expect you to do everything for them. We are, in fact, merely healing facilitators and what we do is stimulate the person on an energetic level to bring about their own wholeness. So if people come to you and just want to surrender their life into your hands, you'll have to explain to them the way things work and not allow them to give their power away to you. o people must ask, that's the first precept. The second precept is this thing that so many of us have trouble with, and that is that there must be an exchange for services. Many people are still working with the idea that if you're going to work as a healer or in any spiritual discipline, that money's bad and you can't be spiritual and have money. That's a load of rubbish and dis-empowering. One of the energies we're talking about is money, because that's what money is - a form of energy. So there must be an energy exchange. And anyway, giving something for nothing in many ways causes an imbalance, and these imbalances can often show up in the way of karma. karma, for those who might be new to this term, is the law of cause and effect. There's no effect without cause, and no cause without effect. Many people are still working on balancing out their karmic debts - we interfrer in other people's lives and we have to balance that out somehow, where it's in this life or another life. But we won't go into that too much now because I now believe that's it's possible to become karma free in an instant. This is actually very exciting - freeing yourself from the laws of cause and effect, but we'll talk about that later on in the day. If you're going to set yourself up as a reiki practitioner, set yourself some kind of fee. There are exchanges for everything and people understand and feel comfortable with the fact that there are exchanges for everything. Actually, it can be difficult for some people to cope with it if you say there's no charge. Of course, the other mentality is that if it's free it can't be any good. The idea is to set yourself a fee that reflects the charges that are made for other services in the material world. Then you can always make reductions

on these charges for people who can't afford them. As a healing facilitator, you're entitled to live the same as the rest of the people live, so set yourself a decent charge. You can of course also trade energies, trade therapies.
Wholeness has a value that you can't put a monetary unit on, and as a healing facilitator you bring people into wholeness, so bear that in mind too.
So now we come to the five principles of reiki. The first principle is; "Just for today I'll trust". When we think and reflect on our lives, many of us have trouble in trusting. If only we trust things usually work out fine. You might not at the time think they have worked out fine. You might find sometimes that things happen to you are necessary to get you out of a rut. Of course, there's only one difference between a rut and a grave - there's no difference. If you're in a rut you might as well be in a grave because you're already half way dead. Get out of a rut and start to trust. Listen to your I AM presence. Number two; "Just for today I'll work honestly". We ought to realise that our actions affect others, all part of the laws of cause and effect. If you do, you work honestly. You're actually being true to yourself because when you're dishonest you don't cheat anyone but yourself. So lets just learn to be honest with ourselves and help to create harmony in the world. Self mastery comes from honest effort in our lives. Number three; "Just for today I'll accept my blessings". Many people move into victim consciousness and say they don't have anything, but everyone has something worth having in their lives. It may not be material, it might be knowledge, it might be an energy. We talked yesterday about manifesting your own reality - what you think is what you get. So accept your blessings, and if you think you don't have enought blessings, well then manifest some more. Number four is; "Just for today I'll be at peace". Most people don't understand what being at peace really means. So many people are angry and when you're angry you're being controlled because when you're angry you can't think of anything else - you can't think of love or peace, only anger. So transmute your anger to love and balance. And try smiling at people, You'll be amazed - smile and the world smiles with you. ANd number five; "Just for today I'll respect all life". Really, we've been given all we need to live in harmony and respect, but most people don't seem respect themselves, do they? This is a real lesson, and a solution that everyone should be looking for - self respect. Learn to respect yourselves. Integrate respect into your lives; it's part of what we talked about last night, about unconditional love. Also, lets learn to communicate our feelings to each other without judgement. Do you know why different species disappear from the planet? Each day hundreds of species leave the planet, all because nobody cares about them. No human beings think about them or communicate with them.
end of tape 2.

Reiki workshop at Lumsden - September 1996 (continued).
John Armitage.
Tape 3:
It's good to have a reiki room to work in because the healing vibrations and vibrations of compassion and love build up there and get into the walls and into the space and makes people feel nice. That's why churches feel nice when you go into them because, over so many years people have been working spiritually and praying there and it gets into the walls. But understand also that you can do reiki anywhere, you can do reiki in the pub, in the disco, on the side of the road. This a is the great thing about reiki - you don't have to have a special place to do it.
Another thing about reiki is that people don't have to take their clothes off which is good because a lot of human beings have a problem taking their clothes off, it makes them feel uncomfortable.
After each session of reiki healing you should also put your hands under that tap to remove any accumulated energies, especially if you're going to put your hands on someone else straight afterwards it means that you won't transfer any of that to the next person. Playing a bit of music during a healing session is also nice and relaxing.
Now I've been involved in healing for many years, since I was a small child, but before I had reiki I always found it difficult to work on myself. The times that I did get sick it used to do me in that I couldn't help myself with my healing knowledge. But with reiki you can really help yourself. So if you can't find people to work with, reiki yourself. And in the book you'll find the hand positions.
Question: I have a basic understanding of this, but could you explain the difference between reiki healing and spiritual healing or just healing?
Different healing modalities work on different levels. Let's talk about the four body system - the physical body, the etheric body, the mental body and the spiritual body. Now, in the old days the stuff that Mesma did was known as magnetic healing. This works on the physical and etheric bodies. The disciplines known as spiritual healing is often taught by people who have come out of the spiritualist churches. That kind of healing works on the mental body, and the physical and etheric as well. When we talk about reiki, we're working with universal energy, the energy of the Source, in it's whole spectrum of vibration, so it works on the whole of the being. I many healing modalities you're

taught that one hand gives and one hand takes, but with reiki the energy comes through both hands in a balanced way. But what isn't being said here is that reiki is the only way to do healing. Please don't think that we're saying that.
Now I'd like to talk a bit about star tetrahedron fields, because it's important to realise that they're the basis of the manifestation of our physical bodies in the 3rd dimension. They're actually the basis of the manifestation of all matter in 3rd dimensional reality. It's well known by science, by space scientists anyway, the existence of these start tetrahedron fields, that every planet has a star tetrahedron field of its own. For those people who don't know what a star tetrahedron field is, it's a 5th dimensional representation of the Star of David. It's an insignia that was adopted by the Jewish people but it's been around forever. Now these star tetrahedron fields are important as they relate to our emotional and mental bodies. If we don't have our star tetrahedron fields activated in a balanced way, when we move through a dimensional shift, you'll go through a process that human beings call death. Now the fact is that planet Earth is going through a dimensional shift right now. If you look around you you'll see how much processing is going on, and when I say processing there's lots of emotional stuff being processed by people. We' re no longer living in 3rd dimensional reality anymore. The vibration of the planet is changing and we're really living in 4th dimensional reality now. This is why some people are having feelings that life is quite unreal, they can't really relate to what is happening and their surroundings. In fact, planet earth is busy moving into the lower echelons of 5th dimensional reality, and this is borne out by some of experiencing putting something down and then it just disappears. Then you come back an hour later and it's there, exactly where you put it. The reason for this is tat the reality isn't the same as it used to be. Items, and beings also, sometimes slip through holes into other dimensions and then return again. We're moving between different dimensional realities. Now you might be asking "What has this got to do with me?" Well, it's got everything to do with you if you want to remain on planet Earth. So one of the things we're doing when we work with reiki is activating your personal star tetrahedron fields. Today when we do the reiki attunements, we'll actually balance your star tetrahedron fields.
To give you a little information on these star tetrahedron fields. You have three about your body. The one aligned around your physical body goes out here to your fingertips and is static. Occupying that same space inside that star tetrahedron field you actually have two more which counter rotate, and they relate to the emotional body and the mental body. In males and females they counter rotate in the same direction and it's easy to remember - the emotional body star tetrahedron rotates to the right, so you can remember emotional right, Elizabeth reigneth, that's how I got it into my mind, and mental body star tetrahedron rotates to the left. It's a fact of life that most people's emotional body star tetrahedron is rotating slower than their mental body's, so therefore you become a slave to your emotions. But it's easy to come into balance by balancing out your star tetrahedron fields. So when they're activated in a balanced way, these fields will make it possible for human beings to do several things, and one of them is to allow them to stay alive as we go through this major dimensional shift. Now this is common science knowledge and not just esoteric stuff, but it is known that the Earth is slowing down in its spinning on its axis, which is why many people are feeling that time is speeding up.
Also, the Earth's magnetic gridwork - and science is aware that the planet has a pulse - is getting weaker, which is why so many whales and dolphins are losing their way and beaching themselves because they use the magnetic grid to work out their navigation. So when we go through a dimensional shift, and we have been through dimensional shifts before, and the gridwork's gone into reverse before, even the rotation of the planet has changed, it has spun the other way in the past, and the other way before that. So we're actually coming to a time when many of us believe, and even many material scientists believe, that the Earth's going to stop spinning briefly and start spinning in the opposite direction, which means that the gridworks change too. As we go through the dimensional shift as this happens, if you don't have your star tetrahedron fields activated, to hold the energy flow which keeps your molecular structure together, or even your subatomic particles which make up your human body, your physical body's going to disappear. But in your star tetrahedron fields, you can actually move through multi-dimensional reality and stay conscious. In fact, there are a number of us on the planet that are using these techniques for multi-dimensional travel and this is reflected in the fact that people often say to me I keep on appearing in their dreams. That is how I move in my star tetrahedron fields. And I'm not the only one who's doing it, others have worked out how to do it also. It's also possible to work out how to do it in conjunction with star gates because of the energy characteristics of star gates, especially when you activate them. The way to use these star tetrahedron fields for multi-dimensional travel is to speed up the counter-rotation.
A lot of people don't understand how multi-dimensional spacecraft work. They're not made out of metal. Many of the UFO's seen.... (end of side 1)
Many of the world governments, and when we talk about world governments we talk about the governments known as G7 and of course the Brits and Americans are high on the list, actually have some very good UFO technology which

has been given to them by Extra Terrestrials in exchange for mostly computer technologies and systems of control. Anyone want to know about abductions? Yeah? There haven't been a lot of abductions in the UK which is quite interesting. Much of the ET interest was generated towards planet Earth when the atom was split because when you split the atom it reverberates multi-dimensionally and affects billions and billions of beings. So as soon as the atom was split on this occasion - we've actually done it before and almost wrecked the planet in the past with nuclear activity - a lot of ET interest was activated and this culminated in late 1945 with contacts being made by the American government by various ET race, not only ET races that were interested in control of the planet and its beings, but also ET races that were interested in the advancement of consciousness. Well, governments being governments and living in fear, they decided to throw in their cards with the controllers because they'd offered them technologies. The ones that offered spiritual advice and the technology of love were not accepted. So the American President at the time, Truman I think it was, actually signed a treaty with group of constellation of Orion, who we now know come from a system that they polluted and wrecked, and through genetic engineering had lost their own capabilities of reproducing. They also have very undeveloped emotional bodies so they know nothing about love but they have technology. It's a sad fact that the races within our universe with the highest technology have the least spiritual knowledge and know the least about love. There is one race that actually is an exception to this rule and they're the Arcturians. They're highly technological and highly spiritual.

So these beings that we know as the Zeta Reticuli - we nickname them the Greys - there are three races of them, they started coming to planet Earth and they were given shelter by the American Government in the form of bases and they were also given permission to experiment on human beings. After having wrecked their own planet and lost the ability to reproduce, they had problems and they wanted to break into our DNA and genetically engineer or clone the bodies they could use to live on our planet. So this went on for a while and are known as abductions. But anyway, they're not around on the planet anymore because they started suffering from a virus very similar to HIV, and their own scientists couldn't find a cure for it, so they had to go. There are cones left on the planet but the problem is that no soul essence will attach itself to these clones, so one of the reasons they abduct people now is to strip them of their etheric bodies and soul essence and implant it in these clones. So while we still have problems with these guys, they have been given an ultimatum - by 2006 they must be out of here. They've been given the chance and no more of them are allowed in. Recently the Americans opened one of their bases down in Sierra Nevada, even though they said before they left not to touch this place as they'd be back, and another group of beings known as the Ashtar Command got in touch with the American Government and told them to allow some of their 3D personnel in as there were things there that the Government would not understand that needed to be taken care of. The Government, acting out of fear of course, thought that if the Ashtar Command wanted to get in then there must be something important so they went in themselves and ended up losing about 3500 lives storming this facility.

One of the good things about this is that, while there is a fight going on for this planet, there are a lot of beings working with us. And this is a most exciting time to be alive on this planet, so many things are happening.

So what else can we tell you before we move on. The Cold War is over, as everyone knows, but in fact there never was a Cold War. It was just a front for the Russian and American Governments to get a large amount of wealth from the people in taxation to finance their trips to the Moon and Mars. I remember sitting in bed in the '60s and hearing that man had just landed on the Moon when in fact we know that the first humans on the Moon in this round of creation were there in the late '40s using captured German technology. We also know that there are a large number of human beings resident on the Moon. In some of the declassified information that is now coming to light, the first astronauts on the Moon state that, when they landed, there were flying saucers all over the place watching their activities. It wasn't given to the media then and you won't find it in the media now because, we remind you, the media is run by the World Management Team and they choose what they let us know. One of the reasons why information about extra terrestrials is coming out in the media now is because the World Management Team know they can't keep a lid on it any longer, they can't contain it.

There are so many extra terrestrials on the Moon that the Andromedans said to them recently that they must be gone by the year 2010 and there must be no more interference with planet Earth. When I asked what would happen if they don't go, they said that they'd deal with them, and when I said that could cause problems for humans on Earth because of the Moon being so close and we'd get the overspill, they said they would take the Moon away and not do it in situ deal with them somewhere else. You need to know that the Moon is an artificial satellite. When I was at school they tried to tell me that the Moon came out of the Pacific Ocean, but I knew differently even then. So then I said to the Andromedans that humans would probably complain as they were used to the Moon being up there, and they said that if humans complained too much they'd just go get them another one. Simple as that.

Question: Has any of this got to do with the photon belt?

The photon belt is interesting in so far as there's been a lot of fear circulated, but the photon belt is a reality and we're in it now. Greg Braden feels we've been in the photon belt since the '60s, but as the Earth's orbit is elliptical and not round, we've been going in and out of it. At the moment I'd say we're into it the deepest we've been in this time around, which is reflected by the colours in the sky. What the Arcturians and Andromedans told me a few years ago was to watch the skies as colours will start to change. How many of you are even seeing differences
in the colours of trees and plants. And the differences in birds' songs, they know something is Now we've been talking about a lot of things and one thing I want to say is for you not to give your power away to me or the Andromedans, or the Arcturians or the Pleiadians or the Sirians or anyone. Take your own power into your own hands, be discerning and formulate your own truths. I'm just presenting you with the information as I've got it. Don't simply believe what I say.
(end of tape)

Reiki workshop at Lumsden - September 1996 (continued).
John Armitage.
Tape 4:
.... use your hands, and then how to use your star tetrahedron fields. What we ought to be doing is making contingency plans and saying this isn't through fear, but teaching more and more people how to generate group star tetrahedrons. As we go through dimensional shift, people will at least be able to take close family, neighbours and others, if they want to of course. It'll just be interesting.
Question: John, is it okay to go ahead and teach people this, how to activate and actually use your star tetrahedron fields?
Yeah it is. Everybody is ready for it. Prior to learning about Drunvalo's work, I was speeding up my star tetrahedron fields, through affirmation and visualisation, to approach the speed of light.
It's when you go beyond the speed of light, which is the fastest thing in this dimension, that you disappear. But it's important to focus. There's a story of a star tetrahedron experimenter who disappeared from a flat in London and manifested in the Antarctic wearing just a Tshirt and jeans. If you activate your star tetrahedron fields above the speed of light without a focus, you can end up going anywhere.
Drunvalo uses a series of breaths and mudras, but you can activate your star tetrahedron fields simply through affirmation and all you really need to know is where they start and finish.The top point in every human being is a hand's width above the top of the head, and a hand's width below your feet is the bottom point. When you sit or lay down a lot of it is inserted into planet Earth. What happens is that once you speed them up to above the speed of light, they lock with the physical body, they stop counter rotating, and you get a very flat energy field out each side of the body which is called the merkabah. All multi-dimensional vehicles are powered by counter rotating star tetrahedron fields, that's what warp drive is. And as we said earlier, these vehicles aren't made from meatl or anything like that, they're just made from light, they're made from this energy that's known as merkabah. If you look through the Keys of Enoch it shows you some representations of merkabah vehicles.
To move on from that, working with crystals is also interesting because they have their own star tetrahedron fields. And you only need six crystals to make a Star of David - a crystal on each point. The Star of David is the 3D representation of the star tetrahedron field, so when you put a person into a Star of David, you're also actually working on their star tetrahedron fields. In fact, on the rest of the sacred geometry in the body as well. You must realise that our bodies are in fact crystaline and based on sacred geometry. And, of course, crystals can be used in conjunction with Shamballa healing. And crystals themselves can be deactivated and activated using Shamballa symbols.
So lets talk about the Shamballa keys or symbols. I mentioned before that the original Atlantean reiki system is composed of around 325 symbols. In Atlantean times 25 of those symbols were in common use, and in traditional Usui reiki there were only ever 5 symbols used, even up to Master attunement level. And of those five, two were definitely not reiki but Japanese and the Japanese language wasn't around in Atlantean times so these symbols cannot be correct. However, these symbols seem to work which is interesting. Now if you move on to page 62 you'll see various representations of some of these reiki symbols. These symbols are the ones given to me by my Reiki Master. The first symbol, number one, is known as Cho Ku Rei. Simply by saying the word you can feel the energy of it, so repeat it a few times after me; Cho Ku Rei.... Now, when I was given this symbol I was told that the spiral had to be anti-clockwise, but St Germain has since told me that it can work in both directions as each direction has its use, both a left hand spiral and a right hand spiral. What the left hand Cho Ku Rei does, what the translation of that key is, is 'put the power here'. Using this in healing work, you'll see, is very useful. The right hand spiral you start that other way round, a clockwise spiral, and this one connects you and the person you're working with, with the Source. So you can see, one

brings the energy down and one takes the energy up. What we do with our attunements is to put a left hand Cho Ku Rei into your left hand and a right hand Cho Ku Rei into your right hand.
What I'd like to say to you here is that working with these symbols is very easy. In traditional reiki you'd have to learn how to draw these symbols on paper and then learn how to draw them in the air with your hands and remember all these bits and pieces and you wouldn't graduate until you did. But how I'd like to encourage you to use these symbols is to work with the vibration of the name. The name is no different from the key. Working with these symbols just by using the name or vibration of the symbols, will work because that's how I have attuned you. I never drew the symbols over your crown chakras. I never visualised those symbols and put them through your crown chakra. What I did was make myself available to the energy behind those symbols and used the words. When I put my hand on your head and say Cho Ku Rei inside, what happens is I see that Cho Ku Rei symbol tumbling through my body, hundreds of them, and coming through my hands into your energy system. I'd do the same with the other symbols, and that's how you had those experiences yesterday when I put my hands on your head. That's all I was doing. So you can see how magical these keys are. Just by making myself available to the energy, instead of trying to control what's happening. What we're wanting to do is teach you to work with the energy rather than work with a system of control; to be able to experience and discover. Incredible things happen with these energies and they're so simple. Look what these symbols are. The third one, Hon Sha Ze Sho Nen, is actually a Japanese Kanji, a method of Japanese writing. And even though this Hon Sha Ze Sho Nen isn't a true reiki symbol, it works. It's the absent healing symbol - it sends its energy anywhere you want it to go if you put it behind the first two symbols.
We've also given you an alternative to it, or additional one, which you'll see on page 75, this symbol Zonar. This is one of the original missing reiki symbols and was given to me by Sai Baba. It's really easy to draw, just a Z with three infinity circles. And it's much easier to say than Hon Sha Ze Sho Nen. Zonar can actually do much more than Hon Sha Ze Sho Nen because it works on past life stuff, karmic stuff, interdimensional issues, it even works on a cellular memory level. A lot of people are holding a lot of stuff in their celluler memory, the memory of trauma and even ideas we brought into our lives from other lives, and Zonar helps to release these. So you can work with Zonar or you can work with Hon Sha Ze Sho Nen, it doesn't matter.
Here again we're trying to encourage you to bring into existence your own way of working with these symbols, rather than teach you a religious control system, because there are so many ways of doing this if you allow your intuition to work with it.
Now you've already been attuned to these three, Cho Ku Rei, Sei He Ki and Hon Sha Ze Sho Nen in reiki one, and today in reiki two you'll be attuned to Antahkarana, Zonar and Motor-Zanon, and when you start healing you can use these symbols. It is the acceleration of the energies. You'll find that, when you start working with these symbols, very soon if you allow it to happen your I AM presence will begin to give you information on what symbols to use where on the body once you've initiated to flow by using the symbols. And we're also going to attune you to another symbol called Mer Ka Fa Ka Lish Ma, which also relates to DNA.
I want to give you another piece of information on using reiki symbols now. You can use reiki symbols to get whatever you want in life as well, to manifest. First, we need to make sure that we really need it, because humans tend to believe they need all sorts of things but when they get it they find they don't need it after all. So make sure you really need what you're asking for. And if you want money there's no point is just saying you want money, think up a specific sum. You can always get more so you don't have to get it all in one go. It's not like the genie who'll only give you three wishes and then it's over, this genie is going to give you as many wishes as you want. What you do is draw two Cho Ku Rei's on a piece of paper, one left hand spiral and one right hand spiral, leaving some space between them , and in that space write exactly what you need. And be specific. If you want ×10,000 write ×10,000 sterling, or you might get 10,000 pounds of bangers. Like there was a person who asked for Rolls Royce. One day he was sitting watching TV and there was an almighty crash and a Rolls Royce came through the front room window. Almost demolished the cottage, and he still didn't get to keep it even though it was wrecked. So really understand that you are going to get what you ask for, so be specific on how it's going to come. Part of the exercise is clarifying what you want. Then what you do is hold the piece of paper in your hands and reiki it - Cho Ku Rei Cho Ku Rei Cho Ku Rei, Sei He Ki Sei He Ki Sei He Ki, Cho Ku Rei Cho Ku Rei Cho Ku Rei, and you'll find that the piece of paper gets hot between your hands. Then put it away in your special place and just wait for it to happen.
On page 58 we've got this interesting 3D picture. These 3D pictures were actually incarnated by the Ascended Masters to teach the general public that not everything is the way it seems. These pictures also balance your brain. And on page 76 we have the Seed of Life symbol, and this will also go 3D if you work with it. See it? Yeah. These are brain balancing exercises you can do on your own account.
So lets talk a bit more about using symbols with crystals and how to clear and reprogramme crystals using the reiki

symbols. It's in the book. Take the crystal in your hand, use the symbol Sei He Ki repeated three times allowing it to flow into the crystal, and then affirm that the crystal is now programmed with Mother/Father's seed blueprint for creation. That, of course, means wholeness. Make that affirmation three times then affirm that the crystal will be self-cleansing three times and then use Cho Ku Rei three times and then put Hon Sha Ze Sho Nen into it three times. This will amplify the power of the crystal as well as clearing, cleansing and reprogramming it. Just briefly we'll tell you, without going into a crystal workshop, that crystals are capable of holding thousands and thousands of programmes. The way to put programmes into your crystals is to experiment with them. Crystals are energy processors and they don't actually mind what kind of energy they work with. They do have a consciousness but they don't judge good or bad. Now just because you have a crystal doesn't mean its channelling and amplifying energies you need in your life stream. Crystals can have been used by many beings over many years over many eras of civilisation, and not all beings were working in accordance with Divine Will. If a crystal has been used by a member of any dark order to amplify energies that are dis-associated from the Source, and that crystal hasn't been reprogrammed, it will still be working with that energy and transferring that energy into your life stream. Crystals interact with human beings because we are crystaline beings. They also interact with our subtle energy bodies because they are also crystaline. Crystals take in energy through their bases, they process it through the body of the crystal and they transmit it through their points. The way they amplify energies is through their internal energy matrix which is a spiral. As the energy goes through this spiral it gets amplified. And the energy structure of the crystal is based on the tetrahedron which also has the effect of amplifyng energies. So when you programme a crystal what you're actually doing is imprinting a vibration into it's energy matrix, so as it processes energy through its base and amplifies it through its body and transmits it through its point, it changes the nature of the vibration of the energy. This is very simply and briefly how crystals work. So when you wear crystals what they're doing is reprocessing your aura, it's taking your auric energy and reprocessing it and then sending it out through its point. Now if you have a crystal which has a programme in it which isn't relative to your needs in your life now and your energy system, this energy will get into your aura and build up these discordant energies. And the crystal will continue to amplify these energies because it doesn't see it as good or bad. So this crystal clearing and cleansing and programming is very important. Using the reiki symbols to do it is very easy. Once you've got your basic programme into it, you can also sub-programme your crystals to do whatever you want.
(end of tape)

Morning Session
It is I, Germain, that speak with you. It should be no surprise that I am present here. It has been under my guidance and my instruction and love that these Shamballa energies have been made available to the people of the planet. See in your minds eye the diamond, some of you may see it as just two triangles, some of you may see it as a cut and faceted gemstone, see it in whatever way suits you. See, feel, allow, imagine that diamond integrating itself with you energy system. In other words, surrounding your body physical with you inside it. And now I Germain, transmit to each and every one of you an energy which will help to clear and clean the blockages in your multidimensional energy systems in preparation for you to receive the Shamballa energy.
So just open yourselves and allow, for understand that each and every one of you, your opening to this energy is in accordance with the will of our I Am presence. In this moment you may if you wish check in with your I Am presence and ask the simple question - is it in accordance with you will that I receive these energies and become activated with these frequencies. I give you a few moments now to ask and communicate.
So now with the communication over I bring this clearing, activating and clearing energy through that diamond that is your crystalline energy body NOW.
I leave you in my love, I leave you I my light, and understand and know that I will be continuously present during the course of this work.
Namaste each and every one.

Shamballa Weekend, Saturday 15th January 1999, Rhynie
Afternoon Session
And now we ask that a Goddess come in for each and every one of us to hold her presence with us that we may feel deeply in love, in the Divine Love that she carries.
Love is, you are love.
And feel that love in an embrace encompassing all of you , always around you. The love of a mother that gives and gives and gives in total freedom. She loves your being, she loves your existence, all of you. She always has she always will. Let's embrace her a little bit more or a lot more, it's you choice. Can you let in this feminine expression of the

Source of Creation, that LOVE?
Feel this feminine aspect of the Source of Creation, bring her cosmic arms around you and pressing her cosmic heart against your physical heart, and just feeling the love that she has.
And listen to her words:
I love you, I love you, I love you. Can you feel this love of mine? It's always been here for you. And forgive yourself in this love, forgive yourself for shutting it out. I can not forgive you, I have nothing to forgive of you -for you are an expression of myself. But loved one, forgive yourself for allowing all the illusions and the barriers of separateness and aloneness, forgive yourself the shame of all the existences you have had where you have separated yourself from My Love.
Forgive and feel yourself renewed and rebirthed in my Love as you can do in every moment of the every day. My Love brings renewal, my Love brings rebirth of yourself. I Love You. Imagine living in knowing of my love, every conscious moment of all of your existences. I am here for you and I always will be, for you are all coming home to know my Love again. I shall always listen to you, know that also Loved Ones, tell me of the things you feel. As this clearance spreads through your emotional body, tell me how you feel and let me wrap you in my Love, let me cocoon you. My desire is that my Loves presence is known, my hearts desire is that you know My Love. I hear you, know that I hear you.
I am the voice of the Goddesses and the Goddess. My Love is always you, can you always be that Love?
In the beginning you chose to individualise yourself from me, I Loved you for it, in the beginning you chose expressions of self, I Loved you for it, I've Loved you for it every step of your journey since the beginning of Creation- myself, yourself, expressing self. I have Loved you every step of the way, and I Love you every step of the way on your journey home.

This is the voice of Germain.
Fellow seekers, fellow masters, fellow beings of love and light. I bring to you this day through my energy field and energy which I have chosen to call Shamballa. This energy is not new, but it is new to the inhabitants of the earth. Many of you would know that the collective consciousness of the ascended masters is often called the diamond in the sky that reflects the light of God and the Goddess, and each facet of that diamond reflects individual energy of a being that is part of that collective consciousness, sometimes known as the lords and ladies of Shamballa. I Germain now activate a facet of the diamond of Shamballa that has not been truly activated before upon this planet, except once for a split second in time the energy in its entirety was grounded through his being through which I now speak and that allowed the collective masters to manifest physically upon the planet for a very short time.
We now bring you the first level of this Shamballa energy in each of your energy fields into your etheric matrixes, into your chakras, your meridians and your bodies physical, your higher chakras so that your healing capabilities or your capacity to facilitate healing will now be permanently activated. If you were previously working with energy modalities that include hands and distance with mind you will find that these capacities are enhanced and for those of you that have never worked with hands or with minds as facilitators for healing will from this day be able to.

Loved ones, I speak as one of the Galactic Masters involved in the initiations here as we all have been too. And we express all our gratitude to you for your pioneering work, for the courage that you have, new found courage in our hearts as you allow in this Love and that, loved ones will grow in you. For in the awakening of your pioneering spirit there will be more and more courage that you will find. And that courage is your personal tool to go into any of your fears. And through the eyes of Love you will see fear in a different way. Through the eyes of Love, with courage in your hearts, fears are calling out to be embraced in the wholeness of your being, those fears are cries for help and you can recognise them as that- from your new level of attainment of being through your Initiations into this Frequency, the Diamond Frequency of Shamballa.
You can overcome all illusions that come up in your lives and you will be able to see them as such easily, move through them with grace and Loved Ones, we tell you now you are surrounded in grace. Become that grace, for this is one of the things we came to learn with you today, how to anchor the Divine energies of grace on the earth plane, through the human physical body to allow the emotional body to feel the grace and the mental body to recognise the grace that is your Divine Self.
We celebrate with you that there are more Gods and Goddesses on this planet now -and you are they. For as you awaken and embrace the Goddess energy the God in you is and does.
So with our gratitude, we leave you.
Namaste

I, Germain intend to speak with you on how, or one of may ways to utilise this energy, on how to bring this energy into you, through you. When you are working with others in the facilitating of healing you call the energy by using the affirmation 'Shamballa On'. There is no need to switch it off because the energy knows when the work is done. When you put your hands upon yourself, again you turn it on with the words 'Shamballa On', when you send healing, again, 'Shamballa On'. It is simplicity in itself, there is no complicated left brain stuff. There is nothing for your conscious minds to make a feast of and then to regurgitate that feast in the form of excuses that you are not capable, that you are not eligible, that you are not worthy, that you can't. These feelings those emotions and those affirmations have no place in the lives of ones that are stepping in to mastery of love. This is why things are kept so simple for you.
I Germain congratulate each you and every one of you, the same as the Galactic Masters on you focus bravery fearlessness and encourage you to step forward with that energy and become you.
I depart from you for now, I am Germain
Namaste
Channelled by Kathleen Murray and John Armitage

My name is Sanat Kumara. You asked this one a question of how things are, or maybe you could say, how things go? The situation, I tell you my friends, is still very serious. There is much, much work that still needs to be done. You see what is happening with the earth is that one group, when I say one group I mean a consortium of groups, are working on the healing of the planet, and another consortium of groups are working on the destruction of the planet. Some of them are working on the wilful destruction, and of course that is for their own ends.

Others are working on the destruction of the planet, but it is not wilful. So at this stage we still have, in many ways, a very serious situation. But I can tell you that the changes will not be anything like as serious as have been predicted. From the 1970's and even before, many were predicting nearly total destruction of this beautiful planet, of your Mother, this Earth.

But beloved children, because of the love within your hearts and the love within the hearts of many others, this situation is daily being turned around. So we would ask you not to put your effort into being fearful. We ask you to put your efforts into being joyful, and grounding these loving energies to the planet. Do what you can with love, and we ask that you do no more, except participate and take part in these Earth Healing projects world-wide which are now being inaugurated by this group from London. The details are available all around the world. You could ask these facilitators about the details so that you have them. We have one worry now and this is a very big worry to us, that again they will start using these nuclear weapons of mass destruction. There is a nation, a European nation, which is again planning to take up this testing of weapons on the islands in the Pacific Ocean. It is very important that ordinary people know that this must not happen. It must not happen, my friends, because at the testing of these nuclear weapons, even though it is underground, (and many one think that if it is underground it is no trouble) but it is trouble, because what it does is, it shakes the Earth. It shakes the plates, it interferes with the molecular structure. It causes stresses upon the plates and if this is allowed to go ahead it will actually greatly interfere with the current plan for the Ascension of the planet. Believe us, there are many working on the stabilisation of these plates.

The Ashtar Command have ships that are beaming energies of love.

They are beaming energies which de-stress these plates. Not only do these nuclear weapons interrupt the vibrational frequency and patterns of your planet, they too my friends reverberate through dimensions, in fact through dimension after dimension.

What happens when these weapons are used, both overground or underground, you are blasting holes through dimensions. You are interrupting the lives of others that are living in parallel universes. This information about these tests is being suppressed by the media. You know that your media, radio, television, newspapers are all millions of controls within your lives. They control you through fear. They never tell you about the beautiful things that happen upon your Earth, about the love that abounds upon your Earth, the beautiful healings that occur upon your Earth. They control you with fear and guilt. They tell you, my children, that your motor cars pollute the atmosphere and ruin the ozone layer. They tell you this because it makes you feel guilty about driving your vehicles. They omit to tell you that it is the governments, the multi-national companies, that are grossly polluting the atmosphere. They are polluting it

with their by-products and they are polluting it with the products that they manufacture for people to consume.

So you see I only tell you this, not to make you fearful, but to make you realise what is happening through the media - the suppression of many facts. So you should pray my friends and get your other associates, comrades, the people that you work with and love, to also pray that they will not activate these weapons upon this planet ever again. It is very important.

But when I say that it interrupts the plan, that is only what it is, because the plan is in accordance with the Father's divine will, in accordance with the Father's seed blueprint for his creation, and this plan is infinitely variable. It is not fixed. The only part of the plan that is fixed is that this planet will ascend and the inhabitants of this planet will ascend with her. Your planet is becoming a star, and you can become stars with her. So please don't worry too much my friends. Be responsible, but do not put your energies into worrying. Put your energies into love and happiness. Offer them to the Earth, offer them as healing energies to the Mother Earth. Success is guaranteed. We have worked for many millions of years on this planet for the ascension.. Do not worry my children, this is not the first planet that we have worked on ascending. Ascension is guaranteed. The cleansing of the planet is guaranteed. Do not be fearful that through the changes ones will lose their lives, because now is the time for everybody to know within their hearts that they are eternal. It is time to know that you are eternal, eternal spirit souls, and if you lose your physical body or to put it into third dimensional terms, your life, during these changes - do not worry, because you still are and always will be. Many ones will panic of course. Many ones will not have the realisations that you have. They will not be working with the love that you are working with. You can help them through their transition. It is inevitable that there will be interruptions in the Earth's crust, that the Earth's plates will move, that the waters will rise and fall, that the Poles will melt, the weather will change. Look forward to it my friends, because change is the way back home. Because when you think about it, much change has to come about. If only you could now see all the changes that need to be made within your own lives.

They are many, they are myriad. Don't be daunted by the task.

Go forward with love. Ground the energies of love. Be love.

These are instructions to you. My brother, Sananda, would tell you, don't look for complicated solutions. Open up your hearts in love, open up your hearts in compassion. These are the only real instructions that we have to give you, because with this love and compassion all will become love. And love is the true energy of the Father. I would ask you now to again sit, just to straighten your backs slightly and concentrate upon your breaths for a moment to balance your energies and open up your hearts and feel this love. Feel now the activation of the twelve pointed crystalline star within your heart chakras. Thank you my brothers and sisters for coming. Thank you for taking part in this beautiful vortex of love, flowing from the Father and flowing from Sananda, Mother Mary, I, Sanat Kumara, and many others that have taken their ascension. Many ones are standing around this group. Many ones are standing above this group and many ones are standing beneath this group because we have capabilities of being everywhere at once. I tell you, they are clapping, they are cheering. Some of them are sobbing in happiness. Goodnight my children. I am Sanat Kumara. Adonai and Namaste.

Channelled by John Armitage at De Sprengk, Tilberg on 29 March 1996.

LANDINGS

Transcript of tape dated 2nd March 1996 recorded at Rhynie.

Greetings to you. This is Zetin Nab with the others you are familiar with, around you in our formation, to hold a space in your energy field to participate and to make up this platform, a platform of Inter-dimensional gateways. And each one of us here is holding particular energy vortexes open by being in,this arrangement in your energy field. The six pointed star is a universal symbol, and it holds together so much of this journey into oneness. It is a concentrated form of power with the outward triangles holding intense energy spaces. And it is at the outward angles that we are all

today; Tithen behind you and myself in front, with Aufresi and Achmeni to your left, Redishula and Amenani to your right side. Your experience on Wednesday evening, during and after the crystal healing session with Sue, allowed you to perceive many different groups of beings, ones known and ones unknown to mankind, though only unknown to mankind in general - all of these are known in some way or other and have been in communication with mankind since the beginning. You were meeting the founders of the human race, those involved with so much love in the development of an ideal species to live on this beautiful planet.

And this healing session allowed these ones the access into the Earth plane, for that is what they desire just now, to be here again, to be present in this physical plane again, not in a physical form but as a communicating link. This is how they desire to be known to you, that they may come through the vortex of energy set in your energy field by the ones you know well now as the Emissaries of Oneness, so that they may correlate, co-ordinate as such, to drop through from their present dimension into this one, and in coming through that they will use your energy field to see, to be. At this stage certainly, they are using many of their transformative techniques to energetically connect through us and your energy field, and so for now it is perhaps more appropriate that you experience them around you and telepathically communicating from us to you, rather than the relationship that we have where we are more in total mergence with your own vibrations - after, as you know, much practise. And it has taken about this year in linear time for myself, Zetin Nab, to stabilise this relationship with you, this energetic relationship, and also the one involving the conscious mind, the building of trust and the allowing of more memories of our journey together at different times and our beingness together.

And so now you are in acceptance of your stellar selves, that in fact there is a you that remembers life on other planets, in other forms. And look now at your discoveries over the past year, of how you can feel strongly the Arcturian connection as you have built trust to myself. And through this connection it has been possible to explore our beingness on this planet, the lovely lady being Gaia. At an earlier stage in your linear time, the Lemurian connection, when there was more oneness as a vibration through the Earth and through all the consciousness involved in form, creating paradise on Earth. There are many reasons for our being in connection with you and these will all take their own time to unfold, the uncovering of many adventures, and indeed throughout it all, this grand plan, this grand awareness of the interconnectedness of all things. (The doorbell rings - there are voices and noises.) We can continue later.

Greetings to you once again. Yes, this is what we are here to share, the interconnectedness between all things, all living beings, all living consciousness, all who are in connection with source. And as each one of you on this Earth plane comes into realisation of your connectedness to the source energies of love and light, of divine beingness, you are fulfilling your part of the grand plan. And we are here to remind you that we made an agreement with you that we come at a time which was set to awaken you, to be your wake-up call, and even before(?) we can whisper in your ear so your conscious mind hears us. We have been working with you, with each and every one of you, and the we that speaks now is the we of all those who are in this role of guidance, of connection, whether we be guides from realms of non-physicality or guides from..... well, we can call it more physical realms even though the realms of physicality that some of us come from are so different from your Earth plane, we still have a form, a form that is adopted for life and inhabitants of other planets. And we very much have a part to play in the wake-up call for those in planet Earth, for we have been the ones who seeded you, seeded the consciousness that you are, as though we were seeding ourselves, with joy.

So in these ways we are semblences of future selves and past selves, we are the ones that came before you here, and the ones that come -now after you, so to speak, to connect with you from different points of dimensional reality, the dimensional reality you have on this Earth plane, and also to talk to you of other dimensional realities.

You have found in the journey of your own healing that as you've been able to clear the issues and the karmic lessons that you came to clear, that you have reached a point of being able to clear fears and doubts, not only held in this time-space dimension, but reaching out to heal other time-space dimensions, and thus you are tapping into your inter-stellar selves, the ones that also need your assistance. And by making this healing so very material and real 'in this Earth plane, it is a further manifestation of the healing that has been done in the different star systems. For it is not only the Earth at this time as a planet that is moving into her light body, there are other planets also on their journey towards source, all in many states of light and matter.

And yet we know we all share the same journey, that we can connect through memories which are held in what is termed as the old brain, that vast greater part of your human brain which is activated through your soul and through your spirit. And once this activation by soul and spirit has begun, memories and experiences can come to your conscious awareness for healing from many different sectors of the universe, allowing many stellar selves to connect with you. And it is all rather infinite, for this is more true of the nature of things. And in your own journey you have been able to make a connection very much now with the source of power, for you to embrace that source of power in your current life, opening up memories of Orion and your participation there in this star system and in its chosen adventures. For each time you have the courage to go beyond boundaries and limitations with the intent of healing, this very real work can begin.

And by facing fears which indeed, if we look upon it from our perspective, those fears are ones that you have held with you before incarnation, they are very much in the essence of yourself, in your multi-dimensional energy field. And the chakric system that runs through your physical body on this Earth plane, also connects up to more multi-dimensional chakric systems, for these vortexes of energy, once they are activated and stimulated to serve you in the Earth plane, can bring through the details of what you would need to heal if you are to grow more into your multi-dimensionality, if you are to embrace more of your existence in love. And in doing so this commitment, as it always will, shines light on areas where there is less harmony and where the triggers to even deeper layers of healing lie.

We are here to say that each and every one of you has these connections to stimulate you into your own knowing, so that you might, when you feel the time is right, also activate these memories which allow you to encompass more of your knowingness, further and further and more far reaching in the universe, and to lead you more on this great adventure as you return on your journey home to source, to knowingness of source. You will experience a knowingness of the energies of source in many different places, many different planets, many different realms of non-physicality also. And all will come to you as you open up joyfully and with curiosity to find out more about yourself. And indeed it does assist you in your everyday life on planet Earth, for it can be seen from a larger perspective, from the perspective of a greater whole as if things that used to occupy your mind for you to worry about and feel anxious about disappears to such small insignificance as you realise what it means to live as a multi-dimensional being with a focus on many places at one time. And we say this to trigger you.

Also we say this for we are here to assist each and every one of you in experiencing this connection with your stellar selves. The ones that have been coming to you for years, preparing with you lifetime after lifetime to come into this particular present lifetime, with a knowingness that you can wake up and claim all knowing for your own. For you are activating the wisdom of your true self. And of course it is a story full of stories, chapters of many different incidents, a variety of adventure stories which it only takes you to say yes to allow the assistance to come close to you, for more and more. Like this one here, who is in the process of surrendering more and more of her energies into a knowingness of her greater whole, that now she can allow contact with very many others, all of whom are so happy to establish this contact, to make themselves known, to communicate.

There are the ones from Lyra with their beautiful vibrations, their ethereal essence which they wear as a beacon to others. The masters from Lyra are here to communicate. We relish and enjoy this opportunity for the beauty it does afford us, a beauty which would be difficult to describe in your terms, and yet we find a beauty in this condensation into matter and we find a beauty in regaining ourselves an awareness of existing in this state. And we are here to connect with those who know us, who know our presence, who can recognise our scent, know our fragrance; feel when they walk into a room; a place, a space in nature, that they are walking into a place in existence that brings up a great longing in themselves.

Inexplicable, a longing, as though they are in a space between time, as though they have walked through a doorway and their eyes do not see what is in front of them. it is though, by walking through the doorway, they are in a totally altered state of consciousness and what awakens in them is this great tonging to know more about the place they belong to. And we are here to assist in this. We hope more and more to have access to energy fields which carry our vibrations like this one here, and also this enables us to locate places of being for us now to establish bases on the Earth plane again.

And in some ways this is what has been spoken of as landings, for it is not necessarily through physical spaceships

that these landings will occur. These landings, as we have participated in this last week, have come through inter-dimensional connections into this one's energy field and she has been very carefully prepared for this, with her work with crystals and the aid of magnificent crystal healers who have been following instructions, very precise instructions from us. We now have access and as we see it we have landed. Landed to be here, to hold the vibrations, to be in alignment with this one, cosmic conduits of energy, that we may touch into the hearts of others who wish to hear and feel this wake-up call, to re-activate parts of the brain. It is this we and others also who come to perform what is called cellular recoding. This work with DNA restructuring also is happening simultaneously throughout the globe and it is all for this wonderful process of awakening, awakening remembrances, allowing a greater feeling in of Earth individual(?) of her own sense of self. And these things are so simple really. There is nothing that is so technical about it: It only needs the ones like this one to dedicate their time, to serve on their chosen mission as fully as they can. And by dedicating their energies we can make our way here and assist. And even in the earlier stages all who have been continuing with this guiding work, we have been transmitting to each and every one of you who is ready to listen - to listen with one's soul, to listen with a divine spirit. And once even that initial listening has corresponded to our call, we transmit - we transmit the energies that are needed to allow this person to grow in fullness and blossom. And so you see our work really, once the initial steps have been taken, is very easy, for we are working in such a way with energies and the flow of universal energies, with all universal laws. And even the most basic universal law of magnetism assists us greatly for with one being corresponding to our call they will draw to them others who are at that point wishing to follow this being of inspiration. Their soul is drawn to this soul. And as we progress our work, we can more and more be present in an energy field to assist in healing and awakening others. And in turn they will do the same. And so it will spread joyously, like the flames of cosmic and divine knowingness, be ignited, burning brightly and leaping out to reach forth and burn brightly in heart after heart after heart. And nothing can stop this.

Haridas

I am Melchizedek. The I am presence of this one. Welcome. I come to speak with you on the subject of coming into wholeness. I am here to possess you and make you evil, like us. Legion
speak with you on the subject of Melchizedek. Who is Melchizedek? What is Melchizedek? What is the order of Melchizedek? And also on the subjects of Earth working and Scotland, and also any others which I may deem to be appropriate as we move through this channelling session.

First of all Melchizedek, and who is Melchizedek? I am Melchizedek, Galactic Logos. I am a being which was created by mother/father source, to oversee, to initiate, to bring into movement the expansion of consciousness and the moving forward into wholeness of the whole of creation. When I say the whole of creation , I mean all beings, be they human, reptilian, whether they are devas, angels, the mountains, the seas, the planets, the animals, the insects. By now you must understand that I mean all life, on every planet, in every universe. My place is to remove structure, to remove boundaries, and break down systems of conditioning which hold consciousness in confined and established streams. This confinement of consciousness and holding of thought patterns into confined streams has the result of confining consciousness, confining experience, confining growth, movement, Love and wholeness. I Melchizedek work on breaking down these confines, breaking limited philosophies, breaking down control in philosophies and replacing them with information and knowledge which allows beings to expand into their wholeness and their glory, to expand so that they may stand in Love, so that they may be Love . This Love, of course, is unconditional. Many ones want to know about the order of Melchizedek, many ask the question am I of the Order of Melchizedek? Am I associated with the Melchizedeks? Many ones incarnate on this planet Earth, the goddess Gaia at this time, are members of the Alpha and Omega Order of Melchizedek. There are priests and priestesses of all levels of knowledge and from all ashrams or levels of initiation, present upon this planet now. Many ones are still quite not sure of who they are, or what they are, or for what reason they came to this Earth. The reason why you came was to facilitate change, to break down social orders, to break down the control of governments, and the monetary system, the bankers, the arms dealers, the food hoarders and the peddlers of fear and control. How is this done? The Order of Melchizedek is not an Order which achieves its aims through violence. It is not an organisation or a priesthood which realises its aims through war. It is an Order which realises its aims through Love. Through the integration of Love, through the becoming of Love, and through teaching by example, when you, as a member of the Alpha and Omega Order of Melchizedek move into Love others will say why is this being so loving? Why is this being so open? Why is this being so joyous? It is obvious to the ones that know, that they are joyous because they have become pure Love. And through this Love it is possible to

break down all these constrictions which hamper the expansion of consciousness on your planet. I now give the clarion call to all the Alpha and Omega Order of Melchizedek to wake up, to wake up and realise that you incarnated here, now, to be part of this revolution of consciousness. To be part of this breaking down of barriers and constrictions of consciousness is that the human race may move forward without exception into love and wholeness. For those ones who are attracted to this Alpha and Omega Order of Melchizedek, the revolutionaries of Love, the revolutionaries of Light, the luminaries of planet Earth and its environment, I say to you that you can also easily become a member of my priesthood through initiation. There is one thing that all prospective candidates into this Order must realise that once initiated into the order of Melchizedek there is no leaving. It is an on going process, an ongoing assignment that once, and know that once the work is finished here on the planet Earth that there is still many more planets to move into more wholeness and freedom. Many more planets that the beings who live upon it and within it are also suffering constraints in their consciousness and their movement forward into Love. So these planets, these beings, need our assistance to break down these barriers and constraints and realise their birthright that, of course, is wholeness, and wholeness is Love.

I would give some time now so that the other person who is present , that being who is known to us as Mahasamatma may ask some questions.

Greetings and welcome to you, Melchizedek.

Greetings to you friend.

I would like you to share any information about Scotland, first of all.

It has been said that Scotland is the sleeping Giant; the giant that is awakening. This land that is known as Scotland, is part of Lemuria. And later part of Atlantis. Upon this land many beings tasted their first taste of what life was like in a third dimensional reality. Upon and within this land was integrated many, many mystery schools, many places of teaching, many temples of Love. Built into its energy gridwork both within the surface of the earth mother and within its etheric energy gridwork were built many temples of Light and many temples of Love. These places are often marked by what you humans call stone circles. Many of these circles were disabled and deactivated, in fact in some cases the grid lines were even moved so that the energy flowed away from these sites of power, these sites of transmutation, these sites of transfiguration. But now many will know that the Earth’s gridwork has been moved again. And in places where lines of energy once flowed, they no longer flow. And as these lines have been moved and reactivated again these lines connect these holy sites and temples of light. So again they may be restored to their former glory, to their former lightness, to their former brightness. So the energy may flow into the earth’s gridwork and help the healing and transmutation of mother earth and her inhabitants. I would see many wondering why this country of Scotland has not been mentioned in earthwork and in works about earth work, and about the projects that ones are being asked to initiate upon the planet. This my sister, is because up until now the energies of the country of Scotland and the status of the country of Scotland in relation to the Ascension process and the becoming whole process of the earth mother and her beings was irrelevant - it was not time for this giant to awake and stretch. It was not time for this giant to awake and spread its energies into the multi-dimensional Christ consciousness gridworks. The time was not right because many of the beings upon this planet would not be capable of working with the energies that would be released from here, not working with the information that would be released from the record banks which lie within the stones themselves and within the vortices of these holy sies and circles. Does this my sister explain why Scotland is now important?

Yes it does, thank you. You spoke about, in earlier times (and it came through to me today also) how this had been like other power points around the world, a major incarnational space. I also had the feeling that many beings would choose to be born here as Scotland awakens. Can you comment on this?

Sister it is known by some that Israel and Tibet are the left and right hand brain of planet earth. Within these place are held energies of gridworks which up until now have been know as the major incarnational grids for spiritual souls. These spiritual souls, these extensions of I am presence's, or monads which are concerned with the spiritual advancement of the planet and its people, used these gridworks to incarnate. This explains why there is so much conflict and control in these two places of Israel and Tibet. As the sleeping giant awakes and the gridworks of

Scotland, the multi-dimensional gridworks of Scotland become once again become activated with light and love as they are starting to be, with the efforts of yourself, this channel and others, it will be attractive to many souls or it will be attractive to the monads or I am presence's , who will incarnate through the energy gridwork here in this land. As this land becomes activated or more activated because know that the activation is already taking place, but there is much ongoing work to do, as this ongoing work proceeds and the gridworks start not to glow with light and love but to pulsate with light and love, a pulsation which can be seen many universes away. This light and love will attract these beings who have the energy, the focus and the love to speed up the transformational process of your planet. So in short, yes, many highly spiritualised beings both from the solar system in which you live but from many many other solar systems from universes that are totally unknown at this time on planet Earth will arrive here. They will arrive here not only through the birth process, through the reproduction process of human beings male and female, they will also start to appear. They will arrive in grown up bodies, they will arrive as teenagers without having to go through the birth process. Many wonderful things are in store for this land. The beings who live upon this land will become some of the leaders in the world wide expansion consciousness and the grounding of love.

MELCHIZEDECK

ARCHANGEL METATRON AND THE MICROTRON

I am Metatron, Archangel of Light. I come to you with congratulations. I come to you with blessings and love. For now all of you present have really activated the ascension energies, not only within your four body system, but within your twelve body system. These energies will now continue to work until you achieve your personal ascension. Those of you that run ascension groups, we of course, the Lords of Light, know these groups, or the places where these groups are held as ashrams (this word ashram denotes a place where beings of like mind are gathered), so your ashrams will now become spiritualised. Your ashrams will become connected with a pillar of light to the Source, and through this pillar of light will flow all the codes, this information that is necessary and the Mahatma energy, into all the beings that gather there.

Some of you will wonder who I am when I state that I am the Angel Metatron. I am the being which is responsible for light on a frequency which many of you cannot see with human eyes. Helios, the sun, is responsible for the light which illuminates all that you see. My energy, the metatronic energy, is the source of the electron and the microtron. The microtron is an energy which is now, you could say, being beamed into your aspect of creation, your universe in which you live. This mictrotron spiritualises energy. You could say that in some ways this equates with the arrival of this energy which some of you will know as the Photon Belt.

This coming of the Photon Belt has created much fear amongst many humans. Many humans in their cellular memory remember what it was like the last time these energies were present upon your planet. There was destruction, there was the collapse of civilisations. Social orders collapsed. Many people went through this process you humans know as death. But this time, my friends, spiritualisation is taking place. This microtron is being anchored into the molecular structure of all that lives, and when I say the molecular structure of all that lives I would presume (although in some ways that is dangerous with human beings) I would presume that all of you know that everything that exists is alive. Not only human beings are alive, not only your trees and animals are alive, insects and fish, the stones are alive. The mountains are alive. They are living beings.

Because they move slowly, or maybe even stand still for what you would consider long periods of time, do not discount the fact that they are also alive. So the mictrotron spiritualises. The microtron is responsible for the lightening of you humans and your surrounding forms. This process of enlightening will, as the word implies, turn you to light. Light is love, love is God, and God Is. This is all you need to know. Just allow this energy to work with you and flow through you until you all become light. Bless You. Adonai.

Channelled by John Armitage at a workshop near Bangor 26 May

Lets just focus on this space above your head and just focus there into your twelfth chakra above your head. And through that chakra feel that connection building with your I am presence to your higher self. Lets just focus on that connection with our I am presence and allow the connection to mother/father Source and as we connect with Source just let us feel the silver, golden, violet energy, the Mahatma energy flowing down to us through the I am and just again is the moment to allow the affirmation to run through you minds. I am that I am the Mahatma in love. And just feel that love just filling the whole of your physical body and feel this love filling your physical body but expanding, expanding, and expanding into your energy bodies. Just feel, see, allow, imagine your light body is becoming activated with this pure unconditional love from Source. And as your lightbodies become full vibrating and pulsating with this silver, golden, violet mahatma energy, just allow the energy to flow through you and down into mother earth. Mother Earth tells me she is willing to receive
this energy. That she will utilize this energy and find it useful. You may at this time in your minds eye see representation of what this Michael/Mary line is and where it actually flows on the planet. You might she the changes in the colors just changes in the pulsating, frequencies of this line. You may see different amounts of light; different amounts of love energy if you don't see it don't worry about it. Just allow this Mahatma to flow through you.

For I am Michael the Archangel and it is my friends a great welcome that I extend to you this day a great welcome that I extend to you at this place, this crossing place of the line that holds the energy of Michael and the line that holds the energy of Mary and this land known as the United Kingdom. A lot of you would think there would be complicated rituals, that there would be complicated activities but understand my friends, the complications only satisfy your complex mind, complicated activities and
rituals are merrily a focus, a building of focus for the moment that you allow the energy to finally flow through you. So just open your selves and at this time of opening I will give you a few minutes to think each and every one of you what you would like to let go of, what healing you would
like to receive as mother earth receives her healing also. So spend a few moments thinking.

As you think about what you would like to let go and transmute this day also allow yourself to open up to the goddess energy the energy of Mary. For Mary's energy is the energy of compassion, the energy of nurturance. The energy of support and love.

So now you have thought about what you want to let go of I will give you a further moment just to think. Is this what I really want? For often the humans believe they need things or want things and then they find when they manifest in their lives they didn't really want it at all. It can cause you many troubles. Understand that the manifestation of these things is becoming quicker. You can instantly create now. So spend a few moments: Is this what I really want?

So my friends, affirm in your own minds in your own way that you are ready.
That you are ready to let go. That you are ready to take the things from your consciousness that you have deemed necessary to remove and I Michael cut the ties of these things for you and transmute them into love, transmute them into light. And I will now and I do these things for you now, PUFFF
With this newly open channels and energy bodies, let this Mahatma energy flow into this energy line and see it expanding, expanding, expanding.
All over the body of mother Earth for she has asked for this healing. She has asked for this balancing. And is willing to accept it with love so now again just allow the affirmation to flow through your mind, I am that I am the MAHATMA.

Understand brothers and sisters that you each and every one of you are energy masters.. You are present in every dimensional reality. The only thing you need to do to experience your presence in every dimensional reality is to allow and not deny what you are. Creators, cocreators, gods
and goddess all present in one body. Allow your selves to experience this MD reality your MD connections. And harmony and balance will manifest in the form of God and Goddess within your hearts.

And as we allow these energies to flow through us just consciously do not try too hard, but consciously focus on those energies which you might call pre Lemurian energies. Allow the starry consciousness, your starry consciousness and

the starry consciousness of the beings that started the
original creation of this place and as these starry energies and those starry connections build again allow that to flow through you and allow it to begin to build templates of the crystalline nature deep within the body of Earth mother and down through these crystalline templates to the very heart crystal of mother earth. As these energies connect with the heart crystal again you may see, feel, allow, imagine for none is different the love of your Earth mother the Goddess Gaia returning to you, expanding you, nurturing you and balancing you.

Bless you brothers and sisters we thank you.

Channeled by Haridas Melchizedek on the Mary-Michael line in Avebury.

IMPLANT REMOVAL AND DNA ACTIVATION MEDITATION

So, I Hari Das ask and demand the presence of the Ascended Masters, the Galactic Masters, the Galactic Councils, the Elohim, the DNA adjustment MAP teams, the angels and archangels. I also ask for the presence of a Light Ship above this building, above our workshop space, to help in the transmutation of the energies which we're going to remove during the course of this meditation.

So, now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head. This is where your higher chakras are. It doesn't matter that you don't know where they are, they ARE in the space above your head. So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love. [pause]

So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you. You can also at this time focus on your higher heart chakra, which is just above your physical heart, and just feel the energy moving there, in that higher heart chakra, the thymus gland. It is only through this thymus gland that you do feel the Love. It is only through this thymus gland that you can actually experience true Unconditional Love. So, with each in-breath allow yourself to feel this Love. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

So, now what I'm going to do is, I'm going to bring in the Team to remove these energies from your physical and spiritual bodies. So, in order to do this, I just demand that they leave. So now, I Hari Das ask at this moment on behalf of all human beings present, the removal first of all twin souls—NOW! [pause]

Now, the removal of all androgynous beings—NOW! Out! Out! [pause]

Now, the removal of all ties to multi-dimensional, parallel universes, and all impediments and inhibitors that stop all ones here from realizing their God Selves. I remove all now. [pause]

Now I ask and demand the removal of all other energies, all other beings from the energy fields of the physical bodies of all present—NOW! [pause]

I also now remove all implants from the physical and the spiritual bodies—NOW! [pause]

Now I also remove all attachments, hooks, multidimensional wormholes, and all other binding energies from everybody's chakras and everybody's aura—NOW! [pause]

I now remove all these energies and entities, all previous vows of poverty, hurt, vows of struggle, resistance to Love,

resistance to abundance, from the energy fields and everybody's chakric system—NOW! [pause]

I Hari Das also ask and command the removal of all impediments from everyone here, that inhibits their clairvoyance, their clairaudience, and their clairsentience. I ask and demand that everyone's channels and channeling abilities are activated—NOW! I ask that all one's helpers, guides, Masters, communicate with each as an individual. [3-4 minute pause]

So, now, I'd like you to just keep on breathing, and still, with your in-breaths, bring in this Love, bring in this Light until you have cleansed these energy fields and physical body. [pause]

And I'd like you to now imagine yourselves as being a double-terminated crystal, that is, a crystal with a point on each end. The top point of this crystal is one hand's length above your head. The bottom point of this crystal is one hand's length below your feet. (It doesn't matter that you may be sitting, or lying, or standing.) So now this crystal is your crystalline Light Body.

With each of your in-breaths I would like you to see, feel, imagine, allow—for understand that seeing, feeling, imagining, allowing are not different from each other. Imagination is visualization. So, see, feel, visualize, allow this double-terminated crystal to become activated with the energy of Love. As you breathe in, see this crystal starting to pulsate with Light, see this crystal starting to pulsate with Love. And with each in-breath, see it building in energy. See, feel the Love, feel the Light pouring into you. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Now, see another double-terminated crystal (or, a crystal with a point on each end) going through this first crystal right where your heart chakra is, horizontally. See this new crystal, also, with your in-breaths, being energized with the energies of Unconditional Love and the energies of undifferentiated Light. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Just keep breathing, and allowing, seeing, imagining, visualizing…and again, as you breathe in, both these crystals are becoming energized with the energies of Unconditional Love and the energies of Light. Now let us see these crystals spin, turn—you choose which way you are going to spin these crystals. And again, we're going to work with breath. As you spin these crystals, every time you breathe in see the spin or the turning getting faster, and as the speed builds up, see the crystals becoming further energized with the energies of Love, and the energies of Light.

So now, the crystals are spinning, spinning, spinning; turning, turning, turning—and becoming even more energized with the energies of Love, becoming more energized with the energies of Light. So now, as we spin these crystals, we didn't tell you that we're going inside our own bodies using this crystalline Light Body. We're going to shrink this crystalline Light Body until it is so small that you may pass through the wall of a single cell of your physical body. So now with each of your out-breaths, see, feel, imagine, allow yourselves to become smaller, smaller, smaller—shrinking, shrinking, shrinking—smaller, smaller, to the size of a pinhead, smaller to the size of a speck of dust. Now shrinking, shrinking, smaller than a speck of dust, down to the size of a bacteria, a virus, a microbe, and smaller—shrinking, shrinking, shrinking.

And now we ask you to go into one single cell of your physical body. Go through the wall of the cell. You are so small no damage will occur. And now, look around inside this cell, and see your crystalline DNA. How many strands of DNA do you have lit up? You may be able to see the DNA spiraling upwards and upwards, through your cellular structure, connecting with Mother/Father Source, with God—and spiraling downwards, connecting with the very heart crystal of the Goddess Gaia, planet Earth, your Earth Mother. Now, some of you may have more than two strands of DNA lit up, activated. If this is the case, don't worry. Just stay until we catch you up with the activation. Understand that these activations not only connect you with your Higher Self, your I AM Presence, but with Mother/Father Source, and the Goddess Gaia.

We're going to activate for you your DNA with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the Sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma energy, the Christ Light. So all we want you to do is to visualize, see, allow, imagine the DNA expanding,

two-strand after two-strand, and becoming activated with these codes.

So, now see the first two strands of DNA—everybody has at least two strands lit—see this DNA spiraling upwards and upwards to the Source, and downwards into the heart of the Earth Mother. [pause] And now let us activate these two strands of DNA with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the fire Letters from the Sacred Languages, with the energy of Unconditional Love, the Mahatma energy, the Christ Light. See these strands further lighting up with this energy. See the crystal becoming programmed and activated.

And now expand this DNA by two more strands, and again see these strands spiraling upwards and upwards to Mother/Father Source, and downwards into the heart of the Goddess Gaia. And again, let us activate these further two strands of DNA, making four, with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, with the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy and the Christ Light. Trigger the Light—trigger the Light, the Light, the Light, the Light.

So now let us expand this DNA by another two strands, making six, and again see them spiraling onwards and upwards to Mother/Father Source and into the heart of the Earth Mother. Let us activate these further two strands with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ light. Now see them expand by another two strands, making eight. And here again we do the same thing, connect upwards with Mother/Father Source, connect downwards with the heart of Mother Earth. And again activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, the Mahatma, the Christ Light.

See and feel the next two strands, making ten. And again, see these ten strands spiraling upwards and upwards to Mother/Father God, and spiraling downwards to the heart of the Earth Mother. And again we activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, energies of Unconditional Love, the Mahatma, the Christ Light. Trigger the Light, the Light, the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

So, now we go to another two strands, making twelve. And again, we activate by spiraling upwards and upwards to Mother/Father Source, and spiraling downwards to the heart of the Earth Mother. And again we activate the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, Unconditional Love, the Mahatma energy, the Christ Light.

So now, let us bundle, or gather these twelve strands of DNA into one bundle, pulsating with these codes and activations. And now, see, feel, allow imagine, visualize another bundle of twelve strands of DNA. And now let us integrate this further bundle of twelve strands of DNA with the twelve strands of DNA that have been activated. And as these strands of DNA merge with the activated strands, they as well become activated with these Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ Light.

Now there are twenty-four strands of DNA coded and active. Now let us again see another bundle of twelve strands of DNA, and let us merge these strands, this new bundle of twelve strands of DNA, with the twenty-four active strands. Just allow them to all become one bundle, and as they merge with the twenty-four active strands, they also become activated with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, Mahatma, and the Christ Light.

So now let us move from DNA. You can move through your own cellular structure, with your own miniaturized Light Body, until you come to your heart. Your physical heart that works for you without question. It doesn’t say, "I don’t love you, and so I will not do for you." As long as you love yourself, your heart loves you, and this heart pumps blood to every part of your body physical, to the furthest reaches of your physical body.

Your blood is living crystal, living liquid crystal. Now we’re going to spiritualize your blood. Your blood is going to become spiritual light. So now, as this blood is pumped through by your heart, let us code the crystalline nature of this

liquid crystal, again with the same codes, the Divine Light Codes, the Sacred Geometry, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the codes of Unconditional Love, the Mahatma, and the Christ Light. We see and feel the liquid crystalline blood pulsing through your body, spiritualizing every part. You are, understand, becoming spiritual light. Trigger the Light—trigger the Light, the Light, the Light. Spiritual Light.

Now understand that the crystals that are, the vitamins, the minerals, the salts, the metals, that are within your body physical, let us reprogram with these spiritual codes, the Divine Light Codes, the Sacred Geometries, the Key codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

Trigger the Light—trigger the Light, the Light, the Light. See, feel, allow, imagine yourselves, visualize yourselves, each and every one of you, becoming spiritual Light. Because you ARE spiritual light. You are beings of Love, beings of Light. That is your natural state.

So now, let us code the water in the physical body—the water is also liquid living crystal. Let us program the water with these Living Light Codes, with the Key Codes from the Keys of Enoch, the Sacred Geometries, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

And now, let us program the whole of our cellular structure with these energies. I now ask and demand the removal of all fear from all these one's cellular structure, and the residues of the knowledge of disempowerment, the residues of the knowledge of being disconnected from the Source, Mother/Father, and not feeling Unconditional Love for yourselves. I now remove the codes that stop you from receiving ABUNDANCE on all levels. I now remove the codes that stop you from shining bright, and giving Love without fear in your hearts. I recode your cellular structure with the geometries of Light, and the geometries of Love. Understand that that's what you are—Love.

So now I also activate and clear with the energies of Love and Light the dense organs of your physical body, your liver, your kidneys, your spleen—I remove all fear from these organs, and activate within them the Sacred Geometries of Light, the Living Light Spiritual Mandalas, which will allow you to be the gods that you really are. [pause]

Now I will ask you to leave your bodies through any way that you wish. You may come out through the wall of a single cell, you may come out through your eye, your mouth, your nose, your ears—any way that you would like. I would like you to exit your bodies—NOW!

And then, with the in-breaths, let us make this Light Body bigger, until it again integrates with our body physical. So, with each in-breath you become bigger, bigger, bigger, and bigger, bigger, bigger—integrating this Light Body with your physical body NOW after it is returned to normal size.

I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work, the Multidimensional Councils with which you all work (but maybe not, at this time, realize)—I ask and demand on the behalf of all of you that these activations, that these clearances, are held steady, that you will not have a return of these energies and entities. So now, I ask that, again with your in-breaths, that you move your bodies around a little bit, that you move your heads, that you move your fingers and toes, maybe shrug your shoulders—but don't move too quickly, because if you do maybe some disorientation will take place, or you might feel that you're not all here. So just move slowly around, and integrate your consciousness, and we'll give you some time for this integration to take place.

Meditation dictated & channeled by Hari Das, October 1998, at the Mt. Shasta Intensive.

Channelled by John Armitage

EARTH WORKING IN BRAZIL

We found a lovely spot to sit and took Mahasamatman and Etat out. I was happy to let them get on with their work in the area while I enjoyed sunbathing. We stayed there for several hours knowing that it was unlikely that we would find a phone to call our taxi driver back to take us to Varginha.

When Mahasamatman and Etat had finished their energetic maneuvers we walked back to the lake to see if there was any place to phone or to find transport back. We were quite a distance away from the main road. However, we got a lift along the dirt road eventually. The man who picked us up had had an experience with a UFO a few years ago. He couldn't deny his experience, but had not really allowed this experience to sit with the truths of every day life. He had no way of dealing with it. Other Brazilians around who believed in these kind of experiences cannot deny them as it happens so much here, but they have no way of putting them into any kind of context of understanding. Mahasamatman as usual was out, when we are on travels he doesn't want to go back into his bag. He met the man giving us the lift and once again all we do is let the communication go on. I do believe that on deeper levels this gives people an understanding of their experiences.

We were dropped off near the bus station and we felt that Sao Thome Das Letras was our next destination.

It was not far away and the Brazilians who had talked to us about Sao Thome called it a very special place for esoterica and mysticism, very spiritual, and where 95% of the tourists that visit are South Americans.

Mainly Brazilians who go there for the special energies.

Many UFO sittings have taken place there and it is a common occurrence amongst the locals of the tiny village on top of the mountain to feel and see the presence of all sorts of phenomena.

We took a bus to Tres Coracoes, the village at the bottom of the mountain. The next bus up to Sao Thome wasn't until six o'clock the following morning. So we stayed in a small hotel for the night and caught the early morning bus, still thinking that we would just spend the day there and take the last bus down. Well this wasn't to happen…. We didn't leave Sao Thome until a week later.

On arrival there most of the village was sound asleep. We wandered around, looking at everything with great interest, for here there were crystal shops, and plaques outside the houses advertising people doing astrology readings, numerology and tarot. We noticed the Casa da Magia (the House of Magic), the Foundation Harmonia, It seemed very alive with artists; and anyone who had linked creativity, spirituality and communication together. A magical place to be sure! The village was charming, small and built mostly of a shining white sandstone with flecks of mica through it. This we found out later was quarried from the top of the vortex itself, very beautiful and very conductive of all the energies of the vortex.

We found the first place that was open for breakfast.

And from then on we were adopted by a dog friend, from Sirius as all dogs are, well we gave her some food and she followed us around for all of our stay there, sleeping outside where we slept at night. We took on our temporary guardianship easily and were happy to provide her with food when we had some.

Wandering through the square in the centre of the village, we met Alemao. We bumped into him, and we were hoping that he could talk English to answer our questions. No, Spanish and Portuguese only was his reply. Alemao is Brazilian, and later in our friendship he owned up to understanding some English and even speaking some when he felt confident. Phil's Portuguese is good enough to communicate, having worked there for a few months, and it certainly developed when we were out on our travels as this was our only means of lingual communication. Gradually I began to get my confidence to talk in Portuguese also, but I always felt frustrated as the things I wanted to talk about are not found in lingual courses or guide books! Phil became quite adept at translating about matters of the soul and guides, about Mahasamatman and spirituality. Alemao set up an instant relationship with Mahasamatman and we didn't feel we had to explain too much to him at any time. He was receiving it straight from the oy himself!

Alemao asked us if we had been to the Gruta de Sao Thome. Gruta is Portuguese for cave. We said no, and he told us to follow him. With all our packsacks still with us we followed him.

This cave was right next to the church in the centre of the square. The name Sao Thome das Letras means St. Thomas

of the letters or symbols. Outside the entrance to this cave carved into the rock were what looked to me like symbols. We followed him inside and pulled out Etat and Mahasamatman and sat with them. Alemao showed no surprise. Phil translated to him what I was talking about, when I sat in the cave and tuned in; about the connection into the underground civilisations. Alemao just nodded his head and spoke about how it was hollow inside the earth and all the people in the village know this. It dawned on me that here we were in the vortex that had been described to us the morning before.

Alemao then invited us to his house which was beside the cave to leave our packsacks and he offered to be a guide for us to other caves that were nearby. Alemao went everywhere in his bare feet.

It seemed like a good idea. We set off to visit the Gruta do Feijao still accompanied by our dog friend, following Alemao through the village to the other side. The views from this mountain top were truly panoramic. For 360 degrees we could look and see mountain ranges extending out to the horizon. What really got me was that it was 360 degrees, everywhere I looked mountain range after mountain range in a big wide circle all around. I had never seen anything like this. Our dog friend reached the edges of her territory at the edge of the village. But another dog joined us in her place, a small Jack Russell type terrier. We reached the top of the main vortex into the mountain. I was given instructions to put Etat and Mahasamatman on the rock, link them in with my wand and let them do their work. When I am working on these sites (and everywhere I travel) I use a small wand which was made and given to me as a present by Gordon Duffus in Aberdeen, who makes the most amazing wands. We sat back, and enjoyed the beauty of this place until we were ready to move onto the next cave site.

This one wasn't very accessible. It involved scrambling down deep slopes on the side of the hill until we got to the cave entrance. Even with little or no language communication I totally trusted Alemao, and what's more so did Mahasamatman. He was very happy to be held by Alemao at any time while I needed both hands to do my rock scrambling. It was a cave which didn't have tunnels to go through first. It just opened out from the cave mouth into the interior of the hill side. It was very dark until our eyes adjusted to being out of daylight. We sat in the cave and went into a meditative state. While we were sitting there quietly in the dark it occurred to both Phil and myself separately that we were in great trust of our new found Brazilian friend. For when do you usually meet someone and go through this kind of baring one's soul without any real verbal communication? We had to go only on our feelings, on our deeper sensing that we were all aligned. I knew I could trust him. I knew I would trust him with Mahasamatman. I knew I could hand over the guardianship of Mahasamatman while I was here. And if I could trust him with Mahasamatman then I could trust him also with my life.

I could feel the energy of the vortex as they had described to me, with an inverted cone going deep inside the Earth, meeting up with a cone coming up from the Earth's heart and in the centre of this I could feel and see a sphere of very high activation which they described to me as a manifestation chamber. I journeyed down there in my meditation and further into this land which existed deep inside the Earth. A land with a sky, a land with trees, a land with beings, not in human form. Some I was familiar with as the Arcturians, and others that I knew from other places. I found three of them sitting around what looked like a swimming pool. An oblong of clear blue energy which went down like a tunnel straight into the heart of the Earth. There were three Arcturians sitting on the outside of it. I joined them for a while, enjoying this new land. It was wonderful to be on such a beautiful and powerful site, and after our time of altered consciousness we made our way back to the village to have some food and to try and explain it to Alemao.

EARTH WORKING

THE ISRAEL STORY AN EXAMPLE OF AN EARTH WORKING TRIP

On 23rd January,1995, a major activation of The Earth's Ascension process was undertaken by a team of four light-workers in a project in Israel which would re-open the Atlantean grid lines and initiate changes that would affect not only those four, but the planet and humanity as a whole. This not only synchronistical connected with the Earthgate installation in Egypt
January,1995, but was directly prior to the meditation and activation of the Light in Uluru, Australia, 2nd and 3rd

February,1995.The following account is written by Judith Clough, an astrologer and a member of the team. Before my account of this incredible journey, I would like to say a few words about John Armitage, who headed the team. John is a pioneer in crystal technologies in the U.K.

For use in personal and planetary healing and ascension. He is a Bachelor of Homeopathy and a crystal healer and Reiki Master who realised that he could facilitate healing with his hands very early in life. He has been using crystal mandalas in his personal healing work since the late 1970's, and also laying out Earth mandalas for cleansing energies i.e. to banish negative entities or energies from houses or land. He built his first mandala in the earth in 1979 and the biggest mandala he has built to date is about a quarter of a mile across. John is the initiator of the U.K. Stargate project, involved in the building, testing, and distribution of Stargates, along with Gordon Hughes and Stuart Wilson. He currently holds workshops on all the above subjects.

In November, 1994, John met someone who was running a workshop on DNA reprogramming at the Starlight Centre in Devon. also runs the Earthgate project for Planetary healing under the guidance of Archangel Michael. Her next big project was to install an Earthgate in Cairo, Egypt, early in l995. While she was at the Starlight Centre, she asked John if he would join the project and build a crystal mandala around the Earthgate. John donated a very large Madagascan quartz crystal to the project which would be placed in the apex of the pyramidal structure of the Earthgate. He programmed the crystal for the task, with Sananda's loving energy for the Father's Creation.
The Earthgate works upon the Earth's meridians in much the same way as an acupuncture needle might work on the human body; what nicer vibration to be drawn down into the body of the Earth!

John felt initially that he would be going to Egypt. He knew that he certainly had past-life connections with that country from before Atlantean times, and also that he had worked on the original construction of the Atlantean energy gridworks. So, it seemed appropriate to be involved in the re-activation of these. However, there was to be another job, for John - and his fellow teamworkers - integrally connected with Earthgate in Egypt, and also connected with the re-activation of the Earth's grid - but in another land - namely, Israel.

Sananda's Holy land, the land of Abraham and Moses, and of the Essenes, to whom we, as a group, had felt so connected. For, by December, John was having recurring dreams of the Negev in southern Israel, in which, from the top of a mountain he saw a mandala in the desert. Likewise, other members of the team were receiving visions of the desert in their dreams, and messages that it was to Israel that we should go. At this time we were receiving guidance and encouragement from Sananda. We knew that we should build two mandalas, which would be linked. Already we knew exactly where one of them should go. In the centre of this mandala would be a small gold-plated Stargate, about a foot in height, and of a new design recently channelled by Gordon Hughes. Gordon had also been experimenting with some new designs for wands. Prior to our departure he gave John a wand of thick copper, with a star of David face to the handle, its crystal point held by a copper coil; an effective tool for joining up the energies of the crystals in the activation of a mandala. As light-workers are often poor - working from love - we were now wondering how we were going to finance the trip. The Ascended Masters saw to that - everything fell into place.

Funds were manifested, crystals of the best quality were obtained, the flight we took was the cheapest we have seen before or since. The hotel we were given as part of the package just happened to be called the' Shalom Plaza', meaning "Place of Peace", and must have been the friendliest hotel in Eilat! One might have thought we would have trouble going through the Customs, which are extremely thorough for flights to Israel from the U.K., - our pockets stuffed with crystals and strange metal objects in our bags! But the airport staff were knocked out by the crystals - we were told how nice the energy felt! There were queries on the Stargate and the wand, which of course were shown up on a scan by X-ray metal detection.

However, the Stargate was allowed through as a "sculpture", and the wand passed for a "candle holder", - the crystal at the top? - "for decoration"!

I will now say a little about the programming of the crystals. It is not surprising that the airport staff felt the energies

and found them so uplifting and blissful!

Prior to leaving, John had spent some days in meditation during which he activated a programme within the crystals. It is very necessary to programme the crystals carefully, for they are to do a very important job. in John's words the crystals were prepared and programmed with the Fathers seed blueprint of Light for the Ascension of the Planet and its inhabitants, ready to activate the Light codes which are in the crystalline nature of the Father's creation". In other words, the crystals are programmed to channel energies that will actively alter the molecular structure of the Planet - the vibrational frequency being accelerated to accommodate more Light between the molecules. This is a necessary part of the ascension process for all, in that our connection with our Christ bodies is strengthened.

By activating our connection with the Christ Light and drawing it into our bodies we can ascend with the planet. Without the activation of the light body, it is impossible to access any dimension other than the fourth. Remember the words of Sananda - "In my Father's house there are many mansions.." - It is your birthright to access these realities of Light and Love! The programme is also, as John puts it, a "mobile programme", so that, when God's plan changes, the energies the crystals are channelling will also change in accordance with Divine Will. Thus they can be working for etemity; there will be no need for anyone to reprogram them.

We departed for Israel at dawn on the 17th January, 1995. Astrologically, this was an interesting date, on top of there being a very potent full moon. On this date, Pluto moved into Sagittarius, changing signs for the first time in twelve years. Pluto is a slow moving planet which has powerful transformational forces which affect the collective consciousness of humanity as a whole. It is now starting to shift the focus of these energies from the more unconscious and hidden realms of the psyche (Scorpio, for the past twelve years) to more direct spiritual change. This, in combination with Jupiter which is travelling through its own sign (also Sagittarius; also for the first time in twelve years because Jupiter's cycle through all the signs takes twelve years!) bringing faith and expansiveness in our Journey towards Higher Truth, must indicate the raising of consciousness. The Sun, on this date, was conjunct with Uranus and in trine to Chiron - a surge of shamanic energy! The combination of the Sun and Uranian energies was at 27 degrees of Capricom which is described. by the Sabian symbols, (channelled for each astrological degree through the zodiac), as "Pilgrims climbing the steep steps leading to a mountain shrine". This feels a very fitting symbol for the start of a journey which would lead us to the mountain shrines of En Gedi and Qumran, in the Holy land of the great sages who worked for the Highest Truth!

Once we had arrived, we spent some days "tuning in". We explored the desert, took in its beauty, the huge variety of rocks and plants, the incredible colours of the landscape. By the second day we already felt sure of where one of the mandalas, the one which would include the Stargate, should be. We drove up to the Dead Sea, all the time feeling increasingly our connections with this land.

The whole area between the Dead Sea and the Southern most tip of the Negev is crystalline, incorporating quartz, fluorite, pyrite, mica, granite and flint, and with Eilat stone - tourquoise, chrysocolla, azurite and malachite; full of minerals - copper, iron, even meteorite. A perfect transmitter of energies! We explored dried up river beds, examining the layout of water courses, as water too is a good transmitter of crystalline energies. We visited old sites, named and un-named. We found sites marked as prehistoric, many along the present-day borders with Egypt and Sinai, which we immediately felt familiar with, from Essene lifetimes, Egyptian lifetimes and before. We found evidence of ancient civilisations in cutting tools of flint and grinding stones; there were enough sizeable stones lying around to build a city!

In some of the sites there were extra-terrestrial energies; at one, where we found two ancient wells, the ground was strewn with meteorites; at another, we all felt very strongly that there had been visitors from Sirius, possibly bringing information of their technologies to the Egyptians.

One of the named sites we went to was Timna or Solomon s mines, where the famous pillars of Solomon and Hathor's Temple were showing much evidence of "people pollution". We did some work on purification but soon realised, with the help of Sananda, that the mandalas would purify everything and that there was no spare time to be doing this. It was during these days that we had our first direct transmission collectively, from Sananda:

"Dear ones, you are now all starting to tune in where you came from, more and more starting to tune in to the reasons why you are here. All the time, as you stop and pick up the stones, looking at the crystals, looking at the landscapes, it is dawning on you more and more the reason why you have the instructions to build the mandalas. Again this part of the world will become a centre for the Light. The mandalas will activate all the quartz and also work on the water that is underneath this desert. It will bring down the Light; the Stargate will bring down the star energies and spread them through the Earth's gridwork. Now you have been at the previous holy sites today, you realise that all of you have had changes in consciousness.

These changes will be lasting, Your DNA has been reprogrammed again.

Walk again, dear ones, amongst the stones, the flowers, the rocks of the desert; come back to your Essenic roots. See the beauty, feel the vibrations of my Love."'

On the 23rd January we travelled up to Qumran, on the shores of the Dead sea, and former Essene home. We knew that this was to be the date of building the first mandala and were fully equipped and prepared. Upon arrival at Qumran we were all rather tired and miserable, and when we saw the site we knew why as it has been turned into a tourist centre; the heart and soul had been taken out of it. We knew immediately why we were to build a mandala in this area and, as we looked out across the landscape below us, we were already getting an idea of where it should be. Emotions were strong and, as we sat there, we received words of encouragement from Sananda:

"Dear ones, this is the voice of Sananda. Here you come again to home. My, how things have changed for you. The days when you were here the only tourists who came by were the occasional Romans, the occasional wandering Arabs and other nomadic peoples who passed by, enjoyed your hospitality and moved along. But don't worry about what has happened here because you've all been brought here to do a certain job...". He confirmed that the position we had chosen for the mandala was correct, but advised us on timing....

"The job should be done as the sun goes down; then you will have a chance to do it without being seen. There will be no enquiries about what you are doing. You are home. Sit and enjoy being home. The energies are still here, but very different. This is why you build the mandala.

The mandala will purify the energies and amplify the Light. The numbers of people who come here will not matter then. The energies will stay balanced and polarised. All the tourists who come here will be affected by the energies. Their Light bodies will start to become integrated, and it will also trigger DNA reprogramming. This is a big job in hand, but it is nothing you have not tackled before in other incarnations since the time of Lemuria and even before that. Cheer up, dear ones. Be pleased that you got here and are going to do it.

You will be able to anchor the energies in the crystal this one has brought, and take it with you, and tomorrow you will move on and build the other mandala. I am showing this one a picture of the energy characteristics of both the mandalas linked together and what they will do to the Earth's gridwork..... There is brightness and light. Reactivation of the original grids, the grids you laid down after the Earth was solidifying. This is the gridwork which manifested the material world as we know it today."

Q. Which we shut down in Atlantean times?

"It was necessary to shut it down after the period of Atlantis. It was a time known biblically as the descent of Man'. It was necessary for the gridwork to be closed otherwise the Earth would have been programmed with negativity right to her core. There is a a lot of

negative accumulation upon the Planet, but it is nothing like as bad as it could have been.

So, with these words you start to understand the magnitude of what you are doing, what you are about to do." We asked Sananda about the new colours for the higher chakras.

" The big mandala, in conjunction with the Stargate, will help to bring the new colours down. There is much work

ahead. Many mandalas ahead.

This visit to this site will trigger many memories for all of you and much conditioning will be released. This is all part of the purpose for your visit to the Holy land. Release more and more. Let it all go and be free. Because, remember you are free, you are Star beings, you are citizens of the Universe, citizens of many universes, citizens of our Father's creation. You have freedom to go, freedom to come. Through many dimensions, through many universes.

Also these mandalas that you are building will act as doorways for you. You will be able to travel to these locations in the astral worlds and access many other dimensions very easily.

So remember also you are opening up portals. These portals will be used by many, not only yourselves." Finally, Sananda says: " On return to the Western Isles, we ask you that as soon as is practical and possible, you activate the hill site where we landed in the Western Isles; because that is the completion of this job. You will then have tasks in the Himalayas and the Americas. Your intuition is good. Trust and surrender. We love you all. Goodbye."

This message was confirming some of the thoughts we had been having, including:

(1) that we should connect the two mandalas by anchoring the Light in a crystal, and taking it with us from one to the other,

(2) that, as an additional part of the project, the mandalas would be channelling the new colours for the higher chakras into the Earth's gridwork - hence activating the higher chakras of humanity too, and (3) that we should build a mandala on a hill site in the West of England, where we knew Sananda had landed on their visit to Glastonbury, and that that mandala was connected with these two.

So, we sat and savoured memories of the old "home farm" as the sun slowly sank in the sky, changing the Dead sea to varying shades of blue and turning the earth red. At dusk we went to the spot where we were to build the mandala. We took a compass reading so as to correctly connect up with the second mandala later on. This mandala was set out in the geometric shape of the Star of David, and the wand was used to connect the crystals to each other and complete the shape. The energy was anchored in a large crystal, which was placed in the centre at the activation of the mandala. (Later, as we journeyed through the night

towards the second site, I was aware of a thread of radiant light following in our wake, attached to this crystal.) High above us in the fading light, Merlin watched from a large cave in the cliff There was no doubt; we were surrounded by powerful and angelic beings, offering their good will and protection. As we completed this first stage of our work, the stars were coming out. I asked for a sign in the sky and at that very moment Polaris appeared.

I had already felt that it was important to connect with Polaris for there is a deep attunement between the two planets, from the time of the last pole shift when programmed quartz from the Earth was placed there. Polaris gives a sense of direction, focus, and awareness of the life process itself.

At a time just before the birth of Christ these energies took a shift to incorporate the ideas of encouragement, inner strength, and a willingness to persevere.- What better sign to receive! We then drove a hundred and fifty miles south, close to where the second mandala would be, and spent the night in the desert under a clear starry sky and bright moonlight. It was very cold. We woke to find ice on our sleeping bags and a multitude of animal tracks in close proximity - small and large! It was in the daylight that we saw that this was marked as a pre-historic site; once a familiar overnight stop? It was here that we felt the energies of Metatron and became aware that we were receiving guidance and protection from this Master and revered sage of this land, too. We made our way to the area we had picked out for the second mandala and spent a little while tuning in to where it should be. At the very centre we

dug a hole in which we placed the Stargate. We took a compass reading to line up with Qumran. The crystals were arranged to form a different shape to any of Johns previous mandalas, but then the job in hand was different! As soon as the first crystal was in the earth we could feel an intensity of vibration. Metatron began to speak through John: " I am Metatron. I am concerned with the transition of your planet from third- to fifth-dimensional consciousness. It is

true the work you are involved in is re-activation of the old grids. You have my protection. You have activated the Stargate; it is already processing star energies. For all of you, when the mandala is built, there will be a further reprogramming of your DNA, a further activation of your Light bodies. Keep strongly and in the forefront of your mind the seed blueprint of Light, the archetypal thought of the Father, the archetypal thought which is the seed of creation. Ones talk about higher selves, and higher selves purposes, but there is more beyond this. You have the free will as to whether you do go beyond but, remember, free will ultimately too only goes so far because we are all one in the mind and the eyes and the thoughts of the Creator. So, when you look at it like this, where is the freedom? There is no freedom. The freedom is illusion. It exists within your conscious minds, that's all. You may be able to travel where you like in your mind, but it is still illusion. You have freedom to be negative, you have freedom to be positive, but when you think this through, it is only on the level of the conscious mind. And remember, positively and negativity exist within the creation of the Father, otherwise they could not exist. So they are all my children, relativities. Remember this well. Do not be afraid, my children, I am working for the Light. I will leave this one to plant more stones. I am with him."

The stones were thus "planted" under the auspices and protection of Metatron and Archangel Michael, and the Love and Light of the Ascended Masters. The mandala was activated with the wand and linked with Qumran. There was immediate connection. As soon

as the two mandalas were joined, the energy keeper crystal which we'd placed in the centre of the mandala began to radiate light and sparkle with the new colours. We were given thanks and blessings by Metatron, confirmation that the work was done and that this would be "the first of many mandalas made like this". He expressed the collective love of the Ascended Masters which was, he said, integrated within our hearts, and encouraged us to be Love, be Light". In the ensuing days we went to check the sites we had visited previously. At Solomon's Pillars and Hathor's Temple the energies had completely changed. Not only had a cleansing

taken place, but there was a direct increase in power. We were getting clear pictures and strong feelings of previous times there, not only as Essenes but also before, as Nubians, as Egyptians. By the time we had visited the other sites in the desert there was no doubt that the mandalas were working.

There must be grid lines running across the well site at Netafim; for now as you walked across them you could feel a powerful surge of energy. This was the site strewn with meteorites; these were all humming! Star energies were prevalent here! As many of the places we visited were close to the Egyptian border, we often found ourselves in conversation with the Israeli army, wondering what we were doing there and expressing concern about our safety. They were always polite, usually friendly, and we were never ordered to leave despite being warned of the dangers of being in a war zone. I got the impression that they thought we were mad, wandering about the desert looking at old wells and stones, un-armed too! We told them we had the protection of Archangel Michael - I'm not sure what they made of that but they seemed to accept it!

There were now only a couple of days left and we all felt strongly that we should make a trip to En Gedi before leaving Israel. Our ever-stronger recollections of previous lifetimes were telling us that there was a large earth-keeper crystal there which we had activated in Atlantean days. One reason to go back would be to reprogram this crystal to align with the energy of the mandalas. There would be no need to actually dig this crystal up but we were pretty sure that we would find it. Besides, I think we all felt some desire to reconnect with En Gedi, and it-would also be an opportunity to take a swim in the Dead Sea, which we had not yet had time to do.

Accordingly, on 29th January, we drove again up country, took a purifying bath in the Dead Sea as the Essenes once did - and I must say that this was great fun - and collected sea water for the making of remedies when we got home. It was late afternoon when we started our trek up the hillside to the former Essene home, now wild life park with warning signs that one should leave the area at 16.00 hours! We made our way to the top and found the spring and the old temple site. As soon as we found the crystal we realised that there was no need to reprogram it at all as it was sitting right on line with the two mandalas and the reprogramming had in effect already been done. It was a very beautiful experience to sit there in the fading light beside the earth keeper crystal. Ashtar came through and told us this was our treat, a treat from the Ascended Masters! "We have been with you all the way, nudging you in the right direction, we have been prompting you, occasionally pushing you along. We are glad that you've had a nice time."

On 25th February,1995, the work was completed and the final link made by the building and activation of a mandala in Merlin's Western Isles, the West of England. This mandala was larger than the others, almost covering the width of the tree circle in which it was placed.

Glastonbury tor could be seen in the distance from one side, a glorious setting sun over the sea from another. Merlin was present, so was Metatron, and all the magical powers of alchemy from on High! The energy keeper crystal was used once more to link the energies of the mandalas. Connection was immediate; Light came down, radiance spread about; an alchemical moment in which John saw holographic reflections of the mandala. Now the Atlantean grid is being reopened. The energy is spreading around the planet.

As I have said, the energies of these mandalas spreads out across the planet. They are in a direct line with Egypt, Jordan, Kuwait, the Himalayas, the Alps, the Greek islands, central Turkey, to name but a few areas. Planetary power points which they directly contact include Cairo, Lasa, The Bermuda Triangle and Lake Victoria.

While I would like to thank John for his inspirational leadership , the hard work he put into organisation of the Israel trip, his guidance, channelling and humour, I would also like to thank everybody else involved in the mandala building, for their own unique and valuable contribution.

The teams:

Israel: John Armitage, Judith Clough, Roberta Shewn and John Armal.

Wessex: John Armitage, Judith Clough, Roberta Shewn, Gordon Hughes and Dinks.

Channelling workshop with Kathleen Murray &John Armitage

Ha-ha-ha-Howard the dolphin Channelled by Haridas (John)

Well, we've had this being around for days and days. Last week this being was around and I resisted it. This being is a being of the sea, a fish, a mammal, and I am known as Howard the dolphin. I call myself Howard because it takes away all aspects of cosmicness from the minds of humans. I come to speak with you as the collective consciousness of whales and dolphins and porpoises, because it is necessary that you understand what is happening upon your planet, both within the seas and upon the land. First of all it is necessary to understand that we love you. Many words have been spoken about love this eve, many energies of love have been brought to you, integrated by you, and on many levels accepted by you as individuals. Please know that we dolphins are sending you love and more love and more love second by second of your time, minute by minute of your time, hour by hour, day by day and year by year. Understand that we know what is happening with your consciousness, what is happening upon the surface of the land masses of this world - your world and ours. And also in the seas of our world. Many changes have been instigated by the codings that are now being triggered in the consciousness of human beings. Understand that all of you, without exception, have got time clocks - alarm clocks you may call them, we call them codings - these codes have been inserted into your mollecular structure, into your energy matrixes, into your consciousness, before and after your physical birth. And it is just like when you set these devices to wake you up in the mornings and you awake from your sleep, these codings perform exactly the same task. When you hear words, when you feel certain energies, when you come into contact with certain beings, you get your wake-up call. And when these codings are activated, your consciousness rapidly expands. Understand that, for all of you present, but also in one way or another all human beings upon the planet - and not only the human beings upon the surface of the planet because understand that many humans are also living inside the planet - all these beings are now having their codings triggered. For we are moving to a time which brings great excitement into our minds, our hearts; we're moving into a time when the codings of love are being triggered, the remembrance of this child within you, the spontaneous child, the loving child, the angry child, the crying child. And as these codings are triggered in you and you realise you are love and nothing else, it will allow the consciousness of Mother Earth to expand to a degree that you humans as yet have no concept of. Because, as part of this expansion of consciousness of

your Earth Mother, will occur a movement into light, a movement into another dimensional reality, and in this dimensional reality love will be even stronger. There will be more light. And understand that it is impossible to separate light from love, and love from light, because both are the same. This light is not the same kind of light as you humans perceive when you throw the switches on the walls, it is a light which is multi-dimensional which could be perceived as white but understand this white light is built from a miriad of different colours, of different energies, and also different geometric codings.

So what is our part, the ocean dwelling mammals, in all this? We are sure that many of you understand that you don't come from this Earth. You are from the solar tribes. You are cosmic beings from other places having decided to make a journey and have an experience in this dimensional reality. But as the whales and the dolphins, nor do we come from here either. We came here because we were asked by the Lords of Creation if we could perform certain tasks for you humans. The tasks that we agreed to perform was to hold these codings of wholeness and love, of the energies of wholeness and love, on your behalf until you were ready to be triggered into this wholeness and love yourselves. That is why we love to be with you. That is why we love to play with you. That is why we always invite you into our playful situations. Now, as things change and consciousness expands, in many ways our work is done. Many of us have decided that, because the work is done, or the playtime is over - whichever way you'd care to perceive it - we have decided to go and play elsewhere. And some of us are feeling, after over 500 million of your Earth years, that it might be nice to make the journey to our homeland - our homeland is, of course, another star - so many of us are leaving now. Some have volunteered to stay because they feel that there is more play to be had with you and they need a holiday so they are holidaying in your oceans, in the waters of your planet. We ask you not to fret about this departure of our species because it is a conscious decision; it is not because of your actions that we have decided to depart. Again I say we depart because the playtime is over or the work is done. We would ask you, each and every one of you human beings, those of you who are not only present at this time but others who may come into contact with my words, to focus much and many loves on the waters, because other beings who live in these waters need to stay, they need to stay because they have made contracts to be here until the end. And when I say other beings who live in these waters I don't only mean us dolphins and our brothers and sisters the whales and porpoises, I mean the fish, these beings you know as crustaceans. It might surprise you that even the barnacles are beings, they have individual consciousness, they're evolving into light and love the same as their brothers and sisters of the land. Not only the brothers and sisters that are known as humans of the land, but the animals, the insects, the reptiles, the trees, the flowers, the crystals, the stones, the mountains and all other beings of the land. In your meditations we ask you to just send love to the waters. Form an idea in your mind that all is becoming transmuted in the waters into love; that all the impurities, the rubbish, the garbage, the radioactivity, is becoming transmuted into cleanliness and love, into purity and love. This will aid your water brothers and sisters to move forward with you, to take part in this joyous celebration as the dawning of the new reality approaches. And understand my friends that this is not in a dark, distant future. It is closer than many humans would fear. It is closer than many humans dream of. It is, my friends, closer than your closest breath. Understand it is now. Now.

So again I ask you on behalf of all the ocean-dwelling beings to help us clean up, to turn the water into liquid crystal, programmed with love, and through that love it will become pure. Again I give you my name, I'm Howard the dolphin. That, of course, is not my real name. Us dolphins don't call each other Howard. But for you humans Howard will make it easy for you to relate to me, and if I gave you my real name you would not be able to pronounce it as you don't have the letters in your alphabet. So think upon my words, dream upon my words, integrate my words, and act.... act. Because together we can complete this wonderful happening, this wonderful occasion. Understand that there are beings gathered from every dimensional reality, from every parallel universe, and from every universe and star system in creation, some to observe, some to be part of, and some to help and aid this work. So let's not delay the party. Let's act now and together. Wholeness and love will be upon all.

Are there any beings present who would like to put a question to this consciousness? Ask now. Humans are not very talkative.

Question: I would like to ask about the presence of all the other sea creatures around you. I feel you are a spokesperson for all these, I feel you are a voice of many and I feel the presence of many behind you. It is as though you are a mission speaker for your peoples?

I am a mission speaker for my peoples, a mission speaker for the sea peoples, not only the sea mammal but all the sea peoples, the sea beings.

Question: Well, I welcome all of them for I feel their presence here, and I am sure that many do. I know I am overwhelmed by the presence of so many of you who seemed to have come from all the different realms of sea resonances to join us here in our human work in Australia, that's for all of those present in the room. May we have more communication with you at the weekend when we are dedicating our time to earthworking?

We are with you in this project if you would like us to be with you. We would like all humans to understand that we wish to work together in this healing, balancing and loving project. It is necessary that all humans understand that we are here to be with and help. As was previously said, we came to this planet to hold the codings of love for you humans, but now the codings have been released so we are with you. We love you. We would like to play with you in this love. Because that is what some humans would call these activities, 'work'. We call loving 'play'. All our lives are play. We don't see anything as work. We just be and stay in love, so nothing is work. There've been many times when we've needed to have large numbers of our consciousness together to really focus and hold that love for the humans and for the earth dwelling creatures, but we never thought it was work because when we gathered together we just played; we laughed, we sang. Have you humans never heard us singing in the oceans? Do you know that the whale brothers and sisters sing songs to each other across the far flung oceans of your world. They play, they sing, and through this playing and singing we hold the resonance's of love and the resonance's of light. We do not take our work seriously; we laugh, and when we laugh we are love. There is no need to take the work seriously when you are totally focussed in love, because it is a joy.... a joy. So therefore gather together in groups and be joyful. Laugh... laugh... laugh and allow the love to flow through you, to be you. And as I previously said, our joint project moves forward in a spontaneous flash of unconditional love. Humans have not realised - in many ways they have been told that the Earth is about to become whole, your Mother, our Earth Mother also, because understand that the bottom of the seas is also the garment of the Earth Mother. You could say that your seas are like puddles of rain in your raincoats. Many think that your Mother Earth is going to ascend and the humans can come or not come with her, or not go with her. In many ways it is true that you have a choice. I would say, though, that it is time for you all now to understand and to integrate that those of you who have chosen to move into love, those of you who have had your wake-up call, your alarms have gone off, it is for you to love to bring Mother Earth into her ascension. So in many ways the humans are going to ascend Mother Earth. It may sound complicated, but I'm sure that you understand what I am trying to explain to you. I do not have, at this time, an infinite knowledge of your third dimensional method of communication. I am searching through the mind and memories of this channel as I communicate with you, looking for the appropriate words. Understand that through your activities as humans in love, that Mother Earth will come into her wholeness and glory and beauty and love, and take her birthright. Her birthright is movement forward. This movement forward is what you humans know as dimensional shift or movement of ascension to a higher vibration. You humans who choose to go with Mother Earth, or the humans who choose to go with Mother Earth, will experience deeper and deeper and deeper wholeness and love.

Understand, two energies work in the whole of creation, not only on this planet of ours - these two energies are love and non-love. Some of you know non-love as fear. But understand that fear is only non-love. Move into love. Be love. Accept love. Integrate and understand that love grows... love grows in your hearts because you open your hearts and accept, love doesn't grow because the Creator Source of love has to make the love bigger or stronger. Love grows as you accept it, as you open up those chalices, as you fill those chalices in your hearts with more and more love and as it overflows it becomes stronger, it becomes more powerful, you become brighter, you become brighter, and fear or non-love ceases to be even a distant memory in your consciousness. You all chose this journey into darkness. Each and every one of you are brave adventurers. You weren't fearful when you decided to embark on the adventure. Know that now the adventure is just beginning, because the adventure is the journey into love. And remind yourselves that adventurers love adventures. Take it on. Go with it. Be it. Blessings to all land beings.

Kathleen: And thank you very much for your communication and your sharing, from you and all your peoples. And we welcome you to join us, as we will join you, any time.

It is, my Earth sister, my pleasure in communicating with you and sharing with you brings joy into my heart and helps me to help the others integrate the love you feel for us. We accept that love and we accept it with gladness. Bless you.

Kathleen: Namaste.

And I could say glug-aste. I'm underwater remember.

Kathleen: Yeah, and I got your name earlier as Ha-ha-ha-Howard.

end



Many people are asking now; "How can I activate my Lightbody? How can I increase the radiance of my personal Merkabah?" Work with the Mahatma energy in conjunction with your star tetrahedron fields, and see how quickly your personal merkabahs shine like a thousand suns. This Mahatma energy also is a very, very safe energy to work with. Energies are available to people's energy systems, or their chakra systems, or their antennae systems, which, if you open yourself up much too quickly, you can actually do yourself damage.

You can do yourself damage inasmuch as that you can burn out the filaments between your chakras, not only in your physical body, but in the higher chakras in your subtle bodies. Of course, it has been spoken of as seven chakras, twelve chakras, twenty-two chakras, fifty chakras. I would ask all of you to start thinking about three hundred and fifty-two chakras, because there are three hundred and fifty-two dimensional levels between your dimensional world and the Source Him/Herself. Many of your chakras are also not activated. This is part of working with the Mahatma energy. It is part of working with your star tetrahedron fields. You will be able to activate all of your three hundred and fifty-two chakras, which will link you in. It will be like plugging yourself in to a high voltage electrical system, but this electricity will be smooth and stepped down to a frequency that you can safely handle. This energy as it flows through your monad, your monad knows what your cellular structure can take. You monad knows what your chakra system can take, so therefore it is gentle, it is soft, it is loving. Allow the energy of Mahatma to caress your sub-atomic particles. Allow the energy of Mahatma to caress your cellular structure. Allow the energy of Mahatma to love and caress your lives, and through that, you will become Light. You will become Love and you will become Whole. To coin a phrase which was channelled from the Mahatma through this one, in the making of the Mahatma record, (by the way, I, Brian, would congratulate all ones that were involved I this Mahatma record project. Myself, and all the other Ascended Masters, we love dancing to it. It makes us laugh, it makes us joyful and there is a new saying flying around in the fifth dimension, "Rock 'till you drop."), we would encourage you to here, in your dimensional reality, to "Bop 'till you drop.", because if you listen to the codings that are included in this music, you will find that in certain parts of the music you can feel a big influx of the Mahatma energy through your higher chakras, and if you look at people that bop to it, you can see their light quotient becoming expanded and expanded.

So, I would ask you to think about Mahatma, ask you to make affirmations if this rings and gels with you. What is not being said is that if you don't work with the Mahatma energy that you won't achieve your ascension. What is being said to you is that if personal ascension is high on your list of priorities, then work with the Mahatma energy and you will be accelerated greatly in a safe and gentle way, because Mahatma IS Love, Mahatma IS Light and it will bring you into Wholeness. Now, if you ask me what wholeness is, my reply is simple. Wholeness is Love. I would remind you that this wholeness is yours as a birthright.

Think about it; it is yours as your birthright. It's not something that you have to work for, until somebody or some outside agency considers that you are worthy. I, Brian, state that all ones are worthy. You don't have to go to church, you don't have to fall on your knees and pray. You don't have to petition. All you have to do is affirm; "I Am the Mahatma. I affirm that I would like the Mahatma energy to flow through me.

I affirm that I would like the Mahatma energy to flow through my heart. I affirm that I would like to become Mahatma." It is not only our brother Gandhi's place to be Mahatma; I would like to remind you that you are all Mahatmas. Move forward with this energy of Love. Move forward with this energy of Light.

Move forward with this energy of transformation. The arrival of this Mahatma energy, the grounding of this Mahatma energy upon your planet, is not only considered by myself, Brian, it is also considered by your Planetary Logos, by the cosmic aspects of your Planetary Logos, and millions of the Ascended Masters, as one of the most important happenings for billions and billions of years. This energy of Mahatma is silver and gold. Many ones would also see a tinge of violet within it. I tell you this, so that when you make your Mahatma affirmations with your eyes closed, and many, of course, with your eyes open will be able to see this energy as well as feel it, (and I would like to remind many of you that constantly make statements that you never see anything, that if you shut your eyes, you will probably see a lot more). So, let us just work through this small exercise which will help to anchor the I Am Presence into your physical vehicles and help to anchor this I Am Presence into this vortex in Mother Earth. Now, this is very simple;

there is no visualisation.

There is no collectively chanted affirmation. There is nothing to be said by anyone out loud, except for the information that I will give you through this one. I would like you to realise that through dispensations, every time you actively ground the Mahatma energy, Vywamus, Lenduce, Sanat Kumara, myself, and the Source Him/Herself, guarantee it is amplified for each person by ten. Isn't it surprising that tens have been talked about this morning? So now I would just like you all to straighten your backs, sit quietly and take a deep breath or two. The most important part of this is that you relax, that you don't start preparing yourself for some cosmic explosion in your head, some cosmic explosion in your Lightbody. Just relax, open up your hearts, and within your own minds make the affirmation, if you feel of course that this is appropriate to you; "I affirm I would like the Mahatma energy, as directed by my Monad, in accordance with Divine Will, to flow through all my chakras and into my heart, and from my heart radiate to my brothers and sisters, the humans, the animals, the insects, the plants, the trees, the fish, the whales, the dolphins, and all those beings that are wearing 'dark T-shirts'; that through my Love they may also become Light." Now just relax, and allow the energy of Mahatma to flow through you. I Am that I Am, Mahatma.

It has also been asked by my colleague, Djwhal Khul, that I speak briefly to you on the I Am. These words, "I Am that I Am" bring the energy of your I Am Presence; these words, "I Am that I Am" link you with your I Am Presence. You see, it is as well to understand that many ones are running around in the third dimension/fourth dimension, with little or no contact with their Monadic Selves, or their I Am Presence. This is why many people have suffering in their physical lives, because their I Am Presence continually engineers and places disease and suffering in front of the manifested part of the being, to make them realise that there is something more to life than the illusion, maya, collective dreamed illusions of the lower dimension.

These words, "I Am that I Am", or this mantra, "I Am that I Am", this affirmation, "I Am that I Am", link you with your I Am Presence, your Monadic Self. Djwhal is now prompting me to say to you that he often gives a similar lecture to this himself.

But every time you say, "I Am", be careful what you say afterwards. Because every time you say, "I Am sick", you become sick. Every time you say, "I Am broke", you become broke, because the universe disconnects you from the flow of abundance. "I Am broke" - the universe says, "That one must be broke, so disconnection from abundance is required. I Am sick, well, that one is wanting to be in a state of disease. So therefore I will withdraw the energy of equilibrium." So think of this. You could make very positive affirmations like, "Truth, beauty, harmony, abundance, love and Mahatma are flowing through my life-stream. I Am that I Am." If you use affirmations like that, daily, you will find that very quickly things change; very quickly these aspects of the Creator manifest in your life. You are Co-Creators and Creators of your own reality. Again, allow the energy of Mahatma to flow through your hearts and speed your journey to freedom.

It has been my great pleasure to have been able to channel to a group like this. I feel that it is a great step forward, that this one has agreed to bring the message in a non intellectual way, and if you will excuse the pun, in a "down to earth" manner. I would encourage you all to work with it. Again, I am Brian Grattan. It has been my great honour to have been present with this group on Maitreya's birthday. I feel honoured to a degree that really is impossible to explain, or to be able to put over to you. You could say that it is like benign vested with three Knighthood's, a number of O. B. E.'s, and the Order of the Maltese Cross, and any other honours that you bestow upon people in this beautiful country of yours. Well, my friends, than you for your attention, thank you for your focus, and again I ask you just to work with the Mahatma. I leave you with my love, I leave you with Mahatma. Carry on the party!

Channelling from Mother Mary through John Armitage, Nesvik, Iceland,03.04.99

I am Mary, sometimes known as Mother Mary, sometimes known as Isis, sometimes known as Quan Yin. I am the goddess the female aspect of the creative energy. Many of you present will relate to me as the mother of Jesus of the mother of Sananda, understand that Jesus, Jesus´ true name is Sananda. It is true that in many ways I was the mother of Jesus during the time of Palestine but that is not the absolute true. It was another female in third dimensional reality

that bore or gave birth to that child. I, the energy you know as Mary was the being that overshadowed ,overlighted the female being that was Sananda´s mother. I Mary being the representation of the female energy the goddess. My work upon the earth now or with the beings of the earth now is helping the ones to understand the female aspect. Not only helping males to understand their female aspect but also getting females to integrate their female aspect also. Unconditional love is the energy of freedom. No other energy can bring about freedom. Many think that war, strive and other such activities in the 3D bring about freedom. There is a mistaken idé , erroneous information that tries to get females to think that if they fight male energy, integrate male energy and act like males they will become free. Understand that these activities if you are a female will further in slave you in illusion for the freedom you supposedly achieve will be totally illusionary it will not be freedom in association with unconditional love and non judgement. It is true that male energies have been dominant upon this planet for many thousands of years, many, many thousands of years. In what you would call the past, female energy was dominant. And even further into the past, male and female energy was in perfect balance. Understand there was a time when all beings were and rogenous neither male or female but a perfect balance and harmony of both those energies. After what you may well know or you would call the fall of man this is recorded in your Christian Bible when male and female became separate. Female energy became dominant. When I say dominant I mean females controlled males through anger, through domination, through restriction of thought and activities. Female energy also created death and destruction amongst males. At that time there was a decline in consciousness because love was forgotten. Not the emotion of love but true unconditional love in harmony and balance. After an influx of beings from outside your earth, from a planet which you now know as Mars the scales tilted in the opposite directions. Dominant male warrior energy manifested upon the planet and females were dominated by males. All of you that have incarnated many, many times upon this planet. Some of you since the time of the creation of this planet, remember this. Deep inside you many have it imprinted, holographically in your cellular memories the battle of the sexes. Now is the time to understand if you are male that it is now the time to integrate your femininity. Integrating your femininity does not mean that you have to sit back and do nothing. It does not mean that you have to give up being male. It means that you have to give up male domination and the thought patterns and habit tracks of male domination. You have to give up the ides that males protect and females are weak. Harmony and balance is what are needed now. Harmony and balance. How do you integrate your feminine aspect. Open your heart and allow the love to flow into you and through you. Unconditional love, love without conditions, no judgement, no polarities, no control, just unconditional love. Understand that many mistake control for love and many ones that belief that they are in loving relationships are being controlled through fear, through jealousy, through anger, fear of loss and lack. These energies stem from not allowing unconditional love into your heart. Many ones in loving relationship or many loving relationships work like this: you do this for me and I do this for you. If you don't do this I make you happy and I love you. That is not unconditional love. These energies of jealousy, fear and lack come from an unknowing, an unknowing that each and one of you, male or female are God and Goddess combined. So for females what is the way forward? It is true upon this earth that many females are trying to be male like they are trying to act as males they think that freedom is going to work. Ha, ha, ha, ha, how could you be so mistaken that freedom is going to work. Work robs you of your time, work robs you of the time that you could think that you could meditate, that you could integrate and even have fun. Understand that females are the first gurus that our children have and a guru or teacher that teaches you about true love that is unconditional is the best teacher that you can have. This does not mean that women must sit back. What it means is, is that you must integrate the love again into your hearts and integrate your maleness in a balanced rather than an aggressive way. Unconditional love the energy of freedom. For females it may take some changes in thougt patterns and in lifestyle. It wont be the same for males but the changes in lifestyles and thought patterns are different for females then for males. It is now time to stand in your own power, it is now time to make changes to your lives. How do you do this. Not with the aggression that you learned from males but with love ,unconditional love Being focused in unconditional love does not mean that you are weak. You may have to do things. You may have to make decisions. You may have to say things that others around you may not be to happy with but don't get involved in aggression. Do not allow fear to creep into your hearts and minds and focus your self in this love, in this light and step forward into freedom, step forward into freedom. Understand that each one male or female are Christed, When I say Christed I mean that you all have the capability, the abilities to realise your Christedness. My son Sananda was one, he came to be known as Jesus the Christ, Jesus Christ that is a shortened version of the title Jesus the Christ and the title Jesus the Christ meant, Jesus the Christed one. Sananda realised his Christedness integrated it and worked with it. After many years of study, many years of travel and meditation, working with many different teachers in different parts of the world he integrated his Christedness and came forward. He stood up and said I am Jesus the Christ, I am a teacher, I am a healer, I am a balance of male and female energy, I am love and through those things he manifested the things that many many people still speak of today. The miracles that were performed

everyday. Those miraculous healings. And he taught, as he taught he spoke the words that were designed to free the people from the slavery of their conscious minds . Understand that in this dimensional reality the oppressors being the government do not want people to think for them selves. This is why Sananda had so much trouble with the authorities in his healing and teaching ministry. Understand that the crucifixion was not the result of these problems he had with the authority. The crucifixion had been arranged thousands and thousands of years before. The crucifixion was part of the cosmic plan. A plan which many beings had worked upon in many lifetimes to bring about. I will not speak to much of the crucifixion because Sananda is reminding me that he will speak to you of his Palestinian ministry. The crucifixion and what happened after the crucifixion tomorrow. So brothers and sisters, sisters and brothers of Iceland. My message to you is simple. It is a message that not only applies to you upon this land but I would say applies to all humans incarnated upon planet now. Integrate love, think love, be love and be free. Understand that freedom only exists within your minds. You can sit in a room two meters by two meters for ever more and be as free as a bird. Freedom is merely freedom from fear, freedom from control through fear. Where love is there is no constraint. You are multidimensional beings that experience multidimensional continuously. Your I am presence's, that true spark of consciousness, that true you is eternal. There never was a time when you weren't and there will never be a time when you aren't . I Mary now ask you to open your hearts, sit quietly for a moment or two and I will bring through this one this energy of unconditional love that I speak of. I leave you in my love , I leave you in my light, and I ask that every one of you realise your birthright and I also hope that the Creator rains upon each and everyone of you the light and love that you are and the light and love that you deserve. I am Mary and I bless you and leave you.

Monday.

The pressure was off, the drago energy had been cleaned so we all slept in. At noon we went to meet with our brothers. Gary was not feeling well but wanted to come on some stone hunting tour.:))We went to a valley just 5 km from our home. We wanted to go to another mine we knew of but the road was closed with snow. Das spotted some jaspers by the side of the road on the way so while driving back again he was sitting with open door and peering out to look for red stones. Changwas his eyes. :))Gary looked the other side. We were maybe going 20 km/ hour. Every time they spotted something they would go wow and Elli stopped the car. Das was looking for some really big ones to put in our garden. Gary was more into opal. He wanted opal and he got it. We hit the jackpot and found a variety of all sizes of opal just by the road. Then we wanted to take a trip to Tingvellir were the America plate and Europe plate go away from each other and where our parliament was founded. The road was closed but we spotted a really huge jaspis on the way and tried to get it into the car without any luck. The only thing we did was to get mud all over our trousers. We will have to get back there soon and take some tools with us. I forgot to tell you that me and Das also had a fight with jasper in Thormodsdalur but it was frozen stuck and had to give up. At this time Gary was getting worse so we took him home to mom and headed another road to Thingvellir with Das. We had great time, we were all alone there , Das saw an energy vortex in the middle of the lake with six pointed star around. Some lightships were hovering over the mountains. The clouds lifted and we could see all the mountain peaks. We went to see oxararfoss and then walked to logberg where the first parliament was. As we sat there Das cleaned the vortex right under us and filled it with the Mahatma energy. NO wonder they put up their parliament there. We spent an hour or so just listening to the silence and bathing in the energy, plus we had a nice talk. We were always learning something new. We came back to Reykjavik at nine in the evening, one more great day was behind us. Day Before I start on this day I forgot to tell you the rest from the Sunday. Gary did special initiation on three of us. One more infiltrator came forward. A really gifted young girl from the west coast of Iceland. The morning after or on Monday we went to aerobic class . After biking for half an hour and step aerobics for 20 minutes I could not follow the instruction any more. I was not totally in my body, this was to much after all the energy changes the last few days. Well, since Gary was still not feeling well we invited Das on another mine trip, back to Hvalfjordur. Wow that was his kind of enjoyment. This time the frost was gone and we walked in mud up to the ankle. You should have seen us when we came back it sure was a sight. :))Das found a big opal and got a big piece of obsidian. It took the three of us to get it in the car. Lot of digging and exercising. Hard work for the guys. Then we headed off to Borgarfjordur to take a look at the place we had thought of for an intensive sometimes. Just wait for the call there will be one , whether it will be earthworking workshop or another type. This will be one to look forward to and you can all cook what you want since the accommodation is in small houses (summerhouses) with cooking facility etc. In the evening Das marked the biggest energy vortexes on a map, he will then when time permits connect the biggest ones with other major energy vortexes on other continents .Early Wednesday morning we picked them up for the last time to drive them to the airport. It was time to say goodbye for now. Thanks a lot brothers, we really had a good time with you and look forward to next time.

Channelling the spokesperson of the Confederation of the Free Worlds by Hari Babba during the “Living Essences 1” workshop

There is one thing that I feel the need to be said here. It is a very important message, not only for the people in this room but also for everybody on planet Earth. The basis of this message is: “Never, never, ever try to give your power away to something outside of yourself.”

There seems to be an idea in the collective consciousness on planet Earth, through conditioning, that there is always something or somebody outside of yourself that knows everything. It is not true.

It is another thing happening upon the planet to keep the energy of disempowerment in the consciousness of the people. There is this huge movement that seems to be building again on the planet. This movement, we should call it a modern form of disempowerment. I would call it the cult of the Ascended Masters. People have a tendency to believe that the Ascended Masters know everything, that they are perfect in every way, that they have access to all the knowledge and energy in whole of creation. It is not true.

The Ascended Masters will be the first people to tell you it is not true.

Where organised religion in concerned, there is this idea that the priest knows better than you, that the priest has a better connection with God. It is not true.

People have gone from something they consider to be old fashioned in religion and transferred their ideas into the one that the Ascended Masters are the new gods. The Ascended Masters, of course, at the end of the day, do not deny that they are gods but they remind you that you are also gods. This is really important to understand this.

I hear all kinds of stories in my life, during my travels. I do this kind of work continuously all over the planet. People say to me: “The Ascended Masters told me to do this, and this, and this. I didn’t want to do it but anyway I did it and things that have happened to me since, I don’t particularly like”. My reply is: “Why did you do it then if you didn’t want to?” The reply to that is again: “Well, the Ascended Masters told me to”. My reply to that is really just a few simple words: “So what?” “Did you learn nothing about standing in your own power? Did you not listen to a word that was spoken in any workshop you attended about standing in your own power and being your own person?”

I find totally amazing that people are willing to give their power away to something outside of themselves in such a way.

To me, yes, I have a constant connection with these energies and these beings and sometimes I may even ask them for some advice, because they are my friends, but if I don’t particularly like the advice they give me, I just say: “Thank you very much but I’m not going do that”.

It is most important to understand that you must not give your power away to anything outside of yourself because, as part of the creation of Mother/Father God, you have the perfection of creation in your seed blue print and any dis-ease that you suffer is created by not allowing that blue print of perfection to manifest though you. There is nothing else. The reason why we suffer from dis-ease is because of the illusion of separation and our continuous attempts of denial of our true selves. That is the cause of all the physical dis-eases.

When we work with the cosmic properties of gems, of flowers, with the life force of any substance, that life force interacts with our life force to bring us back into harmony and balance. The reason why we created the gemstones,

flowers, trees, etc. was to bring these cosmic energies and these cosmic energies of the knowledge of wholeness in harmony and balance into our earthly context. Of course we, in our physical bodies, not we in our entirety, are also part of that manifestation of wholeness. It is only through the creation and the interaction with the illusion of duality and separateness that we do not remain whole. Remember this and don't give your power away.

Yes, sometimes, they (the Ascended Masters) may have more experience in certain fields than you have so they can help you through their experience but they don't know everything. Also, don't get hooked up or don't get obsessed by the Ascended Masters because in fact there are billions and billions of other energies of other beings in creation throughout multidimensional realities that also have many skills. Many of them have also taken their ascension. It is necessary to understand that when a being has just taken their ascension and has a degree of multidimensional realities, he is still working on the realisation of his perfection. Don't work with the illusion that if you have taken your ascension there is nothing else to do except hanging on in multidimensional reality and be cool.

In fact, the way creation works naturally is in constant forward movement. You may be surprised to learn that Mother/Father Source is constantly learning. Don't get stuck in the idea that once you achieved your ascension it is the end of the road and everything is just to be sitting on clouds and playing harps. There are plenty of things for all to do. Whether this knowledge makes you happy or miserable, I'm not particularly interested but just never think that you've got to the end of the line -I find this very exciting that you never get at the end of the line- until the end of a round of creation when there is the true merging with the Mother/Father Source. That's the only time that is the end of the road. This shows you that don't consider that people in other dimensional realities know everything because that is just part of the illusion.

As I said before –but some of you probably have not heard it- if things continue to go as they are at the moment, with people attempting to give their power away to these beings we know as the Ascended Masters, the Ascended Masters are saying that they are going to withdraw all communication with this dimensional reality. That will stop people to give their power to them. It will force more and more people to stand in their own power with their own I am Presence.

Never think that you are anything less than Mother/Father God.

If you insist to give your power away, give your power to your I am Presence and allow the glory of your I am Presence to manifest through your physicality in this dimensional reality because your I am Presence is not something separated from yourself and the reason why you are living in this physical body in this moment is that your I am Presence choose that. A lot of people forget that through their interaction with the illusion they think that they are just that body but in fact their I am Presence uses this body to experience in this dimensional reality. Because of the interaction with the collectively created illusion of this dimension, people forget that.

So, if you insist on giving your power away, I would advise you to work on giving your power away to your I am Presence then your plan for this lifetime can manifest through you in an easy way and you will find that all the struggles in your life melt away. The only reason why you have struggles in your life is because you are not doing what your I am Presence brought you here to do. Your I am Presence is the reason why you are here.

Each and every person came to do certain things, whether it is to teach others great lessons in different ways or to learn how to stand in your own power in this dimensional reality or to empower people through love. The reasons for being here are as many as there are people on the planet. Each one has a unique place in the cosmic plan. Even the people you would judge to be bad or evil, or whatever. They are all playing their place in the plan.

Do you know what the cosmic plan is? For everybody to realise that they are gods and goddesses, standing in harmony and balance, no judgement. There is no such thing like good or evil. Everything just is, existing in perfection in the moment. Everything happening on and around the Earth happens so the people come to this realisation. Mother/Father God doesn't mind how people are brought into this realisation. In fact, human beings, if they feel the need, can actually destroy themselves. If they feel the need, they can also destroy the planet. That's not a problem for Mother/Father God. Mother/Father God will just create another race, another planet. No judgement. You destroy and kill as much as you like until you learn that all there is is love to support each and every being, each and every world.

It might surprise you if we tell you that you know yourself as the human race, you are familiar with the types of bodies through which you can experience upon the planet. Original differences were created by heat and cold but in fact you are not the first humans that were created upon this planet. Where are those humans now? They don't exist upon the planet anymore because they destroyed themselves but the spirits that inhabited their bodies, or shall we say, to make it easier to understand, the souls that inhabited their bodies now inhabit your bodies. You can see that even if you destroy yourselves or destroy your bodies you don't destroy your true self.

From the perspective of Mother/Father God free will was given to this planet along with other planets within your solar system and through this free will you already made other planets uninhabitable in the way that you understand habitation –Mars, Venus, just to speak of two. Through the action of the beings that were also humanoid beings on those planets it is now impossible to live there in this type of bodies for the ecosystem and the atmosphere have been destroyed. And if the ecosystem is destroyed these biological forms or physical bodies cannot exist without water and oxygen. There is no breathable atmosphere. We would remind you that even your investigating scientists at this moment say that they think they have found frozen water on the planet Mars. They already are starting to think that there must have been an atmosphere similar to the atmosphere of the planet there. In their naivety in the past they always said that life would not exist in a place like that. Of course, in the circumstances they see now it would not exist but in the past it was.

You have the free will to destroy yourself or live in your own power. This is the choice of every individual and the things that you see happening around you upon the planet are a representation of what happens in your hearts and your conscious Minds. These struggles, the need and the hunger for material power, the feelings of need of having power over others and control others in their actions, these are the reflections of the consciousness of many, the outward manifestation of their inner realities.

It is very easy to change the world. Change what happens in your hearts and in your minds and the world will change with you. This is the choice and it is yours to take; for every human being, it is the choice to make.

For we, Mother/Father God and the creator Gods have all the time that we need. We have all the time we need because time is an illusion. We are not governed by time. Only humans govern themselves by time. We can wait as long as it takes but our choice is that you listen to our words and stand in your own power, be steady in your hearts and minds and you move forward very quickly.

Cease the inner struggle, allow the perfection to manifest through you and the next level of your experience on this planet will start to manifest very quickly.

Would you understand that Mother Earth is a multidimensional being like you are? She has a body in every dimensional reality just as you do and it is the same for her and her children. When she decides to take her ascension she just integrate in another dimensional aspect of herself.

You have the choice of making those steps along with her.

As said, Mother/Father God is in no hurry and if you don't wish to make the steps into wholeness and power, that's all right. There is no judgement. We already have other planets prepared for you where you can continue to disempower each other, print your money and build your weapons, control each other through lack of food, through lack of education, materially and spiritually, lack of resources and housing until such times that you realise that this is not what true life is.

For us, we would see that the most preferable choice is to move into your own power and cease the struggle. Ask yourself: "Is my continual struggle is making me happy? Does my continuous denial of my godlessness' help me in standing in my own power? Does it make things easy for me in my life?"

We would hope for you, not for us because we love you exactly as you are without judgement but we would hope for you that the answer would be: "I want to make changes now".

Of course, the constant human question is: “How?” The answer in totally from Mother/Father God is: “Just do it”.

Just allow the glory of your I am Presence to manifest through you. There is no question or argument. At this moment the human race stands upon a crossroad. The more people are standing in their own power at this moment will have a strong effect on what happens to the human race next. Would you prefer the creation of a heavenly situation upon the Earth –when we say heavenly situation, we don’t mean anything religious or biblical- where all are taking care of, supported and loved and given the situations that they need to learn who and what they are. Or would you prefer another ongoing period of struggle?

There is a choice but I know, we know, that humans, deep within them, have knowledge of their goddessness. It is not only coded in their light bodies but in their DNA. Deep down everybody longs for this oneness and this wholeness. Our advice to you is not to long for it but to do it.

So, my friends, this is a spontaneous channelling -it amuses us because the channel was not prepared but we have spoken off. It was decided that through the openness of the channel we would take the opportunity to speak. This channel, of course, does stand in his own power and had the choice to say yes or no.

In fact, we are a group of beings that are a collective consciousness. We are not the Ascended Masters, we are a group of multidimensional and beings from multiple worlds, humanoids, reptilians and insectoids. We belong to a group which is know as the Protectors of the Emerald Covenants of the Free Worlds and our group or you can say our organisation is know as the Confederation of Free Worlds.

You might ask: “Is planet Earth a member of the Confederation of Free Worlds?” We would say to you officially: “Not yet”. For the simple reason that human beings haven’t realised their freedom yet or I would rephrase that slightly and say that there are many human beings that still have to realise their freedom.

This day is coming quickly. This is why we are asking each and every one of you to stand in your own power because then you will achieve freedom. When you stand in your own power you cannot be cowardice by governments, you are not afraid of governments anymore. The most extreme scenario is that they can destroy your human body. Notice that I didn’t say the worst, I said the most extreme for you can always incarnate again so it is not really bad, it is just a change of body. As you stand in your power you are free from the fear of oppression, you become unshakeable in the faith that you are pure love, that you are Mother/Father God incarnated in this body. The will of Mother/Father God will manifest through you.

You have choice, humans: spend another few million years in the slavery of the illusion or be free now. We hope you make the choice of freedom so we can welcome you with open arms into the Confederation of Free Peoples.

My friends, I have told you who we are, we have told you what we do, we have given you some ideas, some advice and information. Don’t give your power away to us; we have all the power in creation. Stand in your own power and be Gods and Goddesses that you are incarnated on Earth.

Don’t campaign for peace outside of yourself. Make peace with yourself. As your great teacher, your great master Gandhi spoke: be the change you want to see upon your Earth and though your change everything changes.

With our love we leave you now. My name is not important. I am just a spokes person for this group. This channel has agreed that within the coming one or two years he will convey some of our messages to you. We will, at some time, perhaps, give you some names but at this time names are not important and we know the human potential for getting caught up with names. At this time we will only say that you may know me as the spokes person.

My friends, in the energy of Mother/Father God’s perfection and purity, I salute each and every human upon this planet and we leave you in showers of our love.

Paris, October 13, 2002 channelled by Hari Baba aka John Armitage
LOVE baba

MASTERY PART 2

by Brian Grattan

Excerpted from Mahatma II

The life in every individual is God, and only by the self-conscious effort to understand life and to express the fullness of good through oneself can one transcend and eliminate the discords of the outer experience. Life, the individual and the law are one, and so it is unto eternity. This law is immutable and whatever people think to the contrary can only cause them to become further lost in matter, creating their things as an outer expression that can only be termed illusion from a Source perspective.

The ascended masters have all learned the Law of the Circle the Law of the One. They impose upon the pure life substance only the quality they wish to use for the work at hand. If they desire a manifestation to express a certain length of time, they set the time, give the command, and the substance of which that manifestation is composed responds accordingly.

The masters have learned that if any discord is imposed upon the life-substance of the universal levels, the electronic energy becomes temporarily dammed up within it. Ultimately, discord can never endure, for when its accumulated energy reaches a certain point of pressure, expansion takes place, shattering the discord and limitation. Thus, the great Law of the One, expressing God in action-the ever-expanding, luminous essence of creation-over powers whatever seeks to oppose it and goes on its appointed way with the ruler of the universe, Melchizedek.

If humans could watch their thoughts, feelings and words go out into the ethers, gathering more and more of their own kind before returning to them, not only would they be shocked at what they give birth to by way of their negative alternate realities, but they would cry out for deliverance. If their cries for help had no other motive than escape from facing their creations, they would still find themselves at the necessary point of looking at their own divinity and entering into it.

Because thoughts and feelings are living, vibrating realities, the individual who understands this can use his/her higher mind to control himself and his reality accordingly. When one decides to manifest and experience through consciously directed visualization, one becomes the Law of the One, God, of whom there is no opposite. As a being with free will!, one must make ones own decision and then stand behind that decree with all of one's power, making an unshakeable, determined stand. In order to do so,one knows that through oneself, it is God desiring, God feeling, God knowing, God manifesting and God controlling everything concerning it. This is the law of the One - Source and Source only.

Until this is fully understood, the individual cannot and never will succeed in manifestation, for the moment a human element enters the scenario, it is taken out of the I Am Presence, Source, neutralised by the human qualities of time, space and a myriad of other illusory conditions which God does not recognise, conditions created by man and man alone.Interestingly, when one decides to consciously bring about a manifestation, even discussing the desire or goal with other people brings in enough of the human element to significantly weaken the invocation; thousands of desires, ideals and ambitions would have been already brought to fruition in the outer experience if individuals had not spoken about them to others.

Only the force of God Exists

As long as one considers that any force other than God exists, then one can never know God; for whenever one acknowledges that two forces can act, he/she experiences the result of neutralising activity. When there is neutralization, there is no definitive quality either way; there is merely nothing in the manifestation.

When one acknowledges Source as self-the One, the I Am Presence-one has only perfection manifesting instantly, in a

state where there is nothing to oppose or neutralize it and no element of time. When one expresses oneself as God, there is nothing to oppose oneself and one's desire. Only when one truly desires perfection and ceases to acknowledge any power outside of God can one hope to improve one's condition. Humankind will remain in a state of lack and limitation as long as they continue to acknowledge a condition that is less than the Wholeness of God.

This choice of imperfection is deliberate on the part of humanity, who are using their God-given free will on some level of themselves, albeit not consciously by the personality. It certainly takes no more energy to think about or visualize perfection than imperfection!

You alone choose which qualities and forms you wish to place in your world. You are the only energizer of your life; whenever you think or feel, part of your life force goes out to sustain your creation. You are the Creator represented on the universal level, and if you desire to express Its perfection and dominion, you must know and acknowledge only the Law of the One. As the One exists and expresses everywhere in the universal and on monadic levels, you are innately part of the One Supreme Presence, the Great Flame of Love and Light which is the self-consciousness of life.

With the full acknowledgement of your self and your world as the expression of God, hold that focus as you go about your Earthly life. Make no distinction between your self and your Creator; live in the now. When you are doing visualization, always remember that you are God doing the picturing, you are God-intelligence directing, you are God-power propelling, and it is your substance, God-substance, being activated. Have no set time in your mind except to know that there is only now.

As you realize this and contemplate the fullness of it constantly, everything in the universe rushes to fulfil your desire, your command, your picture. This discipline manifests an irresistible power that cannot and never has failed, for it is all constructive and therefore agrees with the original Divine Plan of life. When the personality level agrees to the Divine Plan and fully accepts it, there can be no failure or delay. Perfection is the prerequisite; and since all energy contains the inherent quality of perfection, it is naturally attracted to your perfection and rushes to serve you as the Creator.

When your desire or picture is constructive, you become the Source of your I Am Presence, Mahatma, seeing your own plan.When the Source sees, it is an irrevocable decree to appear now,when God created the physical universes, He simply said, "let there be Light," and Light appeared; it did not take any time to create Light.

The Oneness of God Is Acting through You

When you, the individual, have accepted the oneness of God, then the same Divine Power is within you, in the now, when you see or speak; they are His attributes of sight and speech acting in and through you. If you realize what this truly means, you can command His full power and authority, for you are then His life consciousness; and it is only the self-consciousness of your life that can desire, imagine or command a constructive and perfect plan. Every constructive plan is His Plan; therefore you know that it is God acting through you, commanding: "Let this desire or plan be fulfilled now," and it is done.

Such perfection was intended for all of God's children and is more real than any reality one can imagine. Even the most blissful life lived on Earth is pale in comparison to the joy experienced by those of the human family who have achieved the ascended state. The most beautiful or the greatest genius among human beings is but coarse and crude compared to the beauty, freedom, perfection and glory that are the continual experience of everyone who has raised his/her body and attained mastery, as Jesus did in his incarnation as Apollonius.

We use the name Jesus simply as one of recognition. For example, a degree of the energy that you reference as Jesus was embodied in the energy that became Apollonius of Tyana, Greece;and the energy that was Apollonius is now

heightened and referred to as Sananda. Thus, we refer to Jesus simply for identification purposes.

Upon the path to mastery, one eventually comes to realise that what the Christ, through Jesus, referred to as "the Father's house" is attainable by all who are willing to accept the Law of the One. And once one has experienced, for even a fraction of a second, the indescribable bliss radiating from an ascended being, there is nothing in the human experience that he will not endure or sacrifice in order to reach that level. There is no work that is too difficult when one truly desires to experience and express the dominion and love of ascended mastery.

Maitreya, the Christ, is the most welt-known Hu-man/God-man to gain his experience on this Earth as a developing God-self. He revealed and demonstrated the Master Record to the outer world and is still the popular living proof of its availability to humankind and the ability of the individual to free himself from all limitation and to express divinity, as was originally intended. Maitreya recognised the great truth that humanity's first existence on Earth was a completely harmonious and wholly free condition. He embodied this illuminated reality to help mankind to reidentify with the pure electrical body that Hu-man expressed during that Golden Age.

In ancient times the individual's devotion to his/her Source was very strong, for he knew and consciously acknowledged the power of the Great Central Sun. Because of the understanding this great truth, these peoples used the Sun as the symbol of the Godhead. In their deep inner understanding, they acknowledged the fullness of the power of this Great Central Sun, which today we call Christ Consciousness, as it is the heart of the Christed activity on the Earth and on her astral level. This is your I Am Presence, Mahatma, from the Source level now expressed in physicality through the tenth ray which embodies the spiritual microtron for all univenes, including the Earth and humanity. So many members of the New Age community, among others, have misunderstood the Central Sun to be the physical location of God in the ethers and have not realised this to be the symbol of one's Christed self.

When the Christ said to humankind, "'Verily, verily, I say unto you, the works that I do shall ye do also, and greater works than these shall ye do," his aim was to stretch them out of their limitation and to reveal the conscious dominion, the mastery, that is available for each one to achieve and express while still here on the Earth. In showing the dominion of the Ascended master, he proved to humanity that it is possible for everyone to call forth his God-self and consciously control all aspects of physical life.

The beautiful beings who guard and help the evolving human race are called the Ascended Masters of Love, Light and Perfection because as humans themselves, they learned to bring forth the love, wisdom and power of the God-self within. When each mastered all that is human, the ascended into the next expression above that of the probationary human, which is a state of divine freedom and relative perfection On this level of activity, the ascended master is able to change the etheric Lightbody as you would change your clothes; the etheric structure is always under conscious control,and every permanent atom obeys a master's slightest direction. Masters are free to use one or more bodies if their work so requires, for their ability to materialise or dissolve an atomic body is absolutely unlimited The ascended masters are all powerful manifestors of substance and energy, as the forces of nature-the four elements-are their willing and obedient servants.

One Can Choose to Express in Limitation or in Divinity

Although all of life contains the Divine Will, it is only the self conscious life that is free to determine its own course of expression. If only mankind realised that inherent in each and every human being is the power to express as an ascended master, if he but chooses to! The individual has the free will to choose to express in either the limited human body or in the superhuman divine body; he is the self-determining creator of his own reality.

When one chooses to individualise within the absolute, all-pervading life, one chooses to express as an intensified, individual focus of self-conscious intelligence. One becomes the conscious director of his future activities and is the only one who can fulfil that destiny-which is not inflexible, but is a definitely designed plan of perfection, a blueprint one chooses to express in the realm of form and action. Every human being can rise out of his/her human qualities and limitations when he chooses to dedicate all of his energy, his life force, to that goal.

Through the power held in the thoughts and feelings of mankind, each individual can raise himself to the highest level

or sink to the Lowest. By taking conscious control of his attention or by allowing unconscious control, each person determines his own experience. Without care as to what he allows his mind to accept, man can become as low as the animals, sinking his human consciousness into oblivion. This is not as in metempsychosis, where in theory the human soul would move into the body of an animal or plant, for neither of these has free will; we are referring to the unconscious behaviour of humans who allow their consciousness to revert to that of animal-man.

The self-conscious intelligence, understanding the power behind thought and feeling, uses these constructively to achieve manifestation; this is how "the Word is made flesh." The ascended being understands the atom to be an entity-a living breathing thing created by the breath, the Love of God, through the will of self conscious intelligence.

Destructive thought and discordant feeling act upon the atom,rearranging the ratio and rate of motion of its electrons so that the duration of the Breath of God within its pole is changed. Because the duration of the Breath is decreed by the will of the consciousness using a particular kind of atom, if this consciousness is withdrawn, the electrons lose their polarity and fly apart, intelligently and naturally seeking their way back to the Great Central Sun, man's Christ Consciousness. There they receive love and the never-ending Breath of God; and their order, the First Law, is eternally maintained.

Some of your Earth's scientists claim and teach that planets collide in space. This would never be possible for it goes against the laws and plan of creation. Fortunately, the divine cosmic laws are not limited to or subject to some of the children of Earth; and God's Creation goes on, ever moving forward and expressing more and more perfection.

Love and Order

Constructive thought and harmonious feeling within the hu-man mind and body are the activities of love and order. These permit the perfect ratio and speed of the electrons within the atom to remain permanent and able to stay polarized at their particular point in the universe, as long as the duration of the Breath of Source within their core is held steady by the will of the directing self-conscious intelligence using the body in which they exist In this way the quality of perfection and the maintenance of life in a human body is always consciously controlled by the will of the individual occupying it The will of the individual becomes supreme over his body temple and even in cases of accident, no one leaves his body until his soul wills it.In understanding the electron and the conscious control that the individual has through his thought and feeling in governing the atomic structure of his body, one gains understanding of the one principle that governs form throughout infinity. When the human individual makes the effort to learn this by proving it for himself, then he will proceed to master himself. And once he has done this, he will have the full co-operation of the universe (and ultimately, of the entire cosmos) to accomplish whatever he desires through love.

All constructive desire expressed by the individual is actually the God-self within pushing perfection forward into the use and enjoyment of the outer self Since the divine life force flows continually through all, it is simply up to you how you wish to use it. If you direct it to constructive accomplishment, you will receive joy and happiness; and if toward gratification of the physical senses, it cannot produce anything but misery because it is an impersonal life energy, reflecting only the action of the law.

The nature of the unconscious personal self is such that it constantly tries to claim power of its own, when the very energy through which it exists is provided by God, through the individual realized God-self. The outer personal self does not even own its own skin! The very atoms of its physical body are loaned to it by the Supreme God Presence from the great sea of universal substance.

When the individual learns how to obtain obedience from the atomic structure within his own mind and body, all atomic structure outside of his mind and body will obey him also and the personality will no longer feel the need to falsely justify its place or power within the All That Is because it will understand its divine beingness.

Many of you already realize that great natural, physical changes will take place on your planet during the opening which will last until the year 2028-this period of assistance and intense outpouring of Light by the Mahatma, your ascended teachers and the five higher rays - and which have come to the aid of the children of Earth. Many thousands of humanity will find during this time that their physical bodies are being quickened by the rapid raising of the

vibratory rate and that as this is completed, the human, physical limitations and discord have dropped away like a worn-out old garment. And what is left? Themselves, as Children of Light, forever at one with the flame of life-everlasting and perfection.

CONFLICT—Germain on the War, Part 1

Hi folks, the conflict on the ground goes on. We ask that you join us in the light ships above the conflict zone to help the people that have chosen to leave the earth to heal and move on.

So not many have said much about all this on these lists, Germain has asked me to pass on a little info to you about it all.

Blessings to you the Violet tribe.

This conflict is not about oil or weapons of mass destruction dear family, it is about POWER and Knowledge.

The conflict is centered where the Anukai and others started a civilization known to you now as the Sumerian times. This was sponsored to try to counteract the balance between LIGHT and Dark in that area. The other was of course the Egyptian one which I Germain was involved in as Ankanaton. My channel here was my head priest.

The idea was to break up our knowledge of the sacred languages and stop us from benefiting from the activating sounds as we spoke in our daily lives. And to mess with your DNA. The center of this was of course the place we know as Babble-on. You can see from the name what they were up to. Not only that, there is a very important stargate in the area, as well as many ancient sites.

So why the conflict? It's for control of the stargate there, and also for control of the ancient sites. The string pullers, shall we call them, know that much ancient knowledge is stored in these sites as well as information about weapons and control devices. They want it. This is what it is about.

I would like to say here that they won't find the things they want, that is for sure, because it is decreed by Divine will. It all has been removed for safe keeping. They will not get control of the stargate either, because we have already secured it last year for the LIGHT, during December with the work we did at Stonehenge and so on.

We know that it seems like a waste of human life, the death that is taking place there, but please remember that all souls that go into transition have volunteered for this now, to show the world the total waste of time creating war and suffering in all dimensions, not only on earth.

This conflict is a great lesson to all to cease the inner conflict that goes on in the minds and hearts of many. As within so without, as it is said, and as above so below.

Conflict above? you may ask. Yes, is the answer to that. Not only do many have conflict in this dimension, but also they have conflict in other dimensions as well. Hence the need for the Healing system I have incarnated here on earth, the Shamballa Multidimensional Healing. Right up to the 8th dimension you can have conflict and unbalance.

This conflict in Iraq could be the very last major war on earth, if you heed the lessons from it. Don't get bogged down by it, hold the LOVE in your hearts, and allow the healing to flow through you as you walk on the earth and as you sleep and work in other dimensions.

Remember nothing happens by accident. All is in the freedom you have as humans. Feel free to create something new here and be free in LOVE.

Shamballa on! Yours, Germain

And LOVE from Baba

Don't forget life is not a dress rehearsal.

LOVE is the answer to fear.

Don't give your power away to anything or anybody.

CONFLICT—Germain on the War, Part 2

Hi Folks, the conflict goes on and on. I am Germain the leader of the Violet Tribe, the Shamballa Family.

Many are wondering what to do about this conflict and many are being affected by the images they see on their screens each day. The history of this conflict goes back many thousands of your years, that's true, and I gave you some information a few days ago through this channel. Now is the time to help you understand more.

All in the western world have been fed a diet of fear for months about Iraq and Saddam. It has been thrust down your throats so to speak morning noon and night that he is a bad man and has weapons of mass destruction and needs to be thrown out of his country and the people freed. Also the events of 9/11 have been capitalized on by the media in the USA as well—to make the people think that all Arabs and Muslims are bad. The truth about that is it is not true. Not one person from Iraq was involved in the 9/11 attack and the Taliban and Osama have had nothing to do with Iraq. Amazing how many don't realize that most that were involved in the 9/11 were from Saudi Arabia and that country is an ally of the USA.

I have told about the war for the control of the stargate there and for the other pieces of stuff in 3d that the world management team want to get their hands on. I will not go into why they want the gate, except that it is a multi-dimensional doorway. You don't need to have much knowledge to understand that they think they can control it and the two-way traffic through it. So again it is not about oil, or weapons. The world management team run the media in general so they can feed you anything they like through your TV sets and newspapers also.

Many again don't realize that the LIGHT is shining so brightly on earth that the others (we will call them) are afraid of losing the power they have had over the earth and her people. You are on the verge of being free, and they feel threatened by you, not only the puppets in 3d but their other world controllers. For thousands of years they have tried to enslave you and your earth, and have succeeded in many ways by keeping you enslaved to money and consumerism and fear through war and strife. You should all have some idea about these things and how they have worked against you as a person in some cases for many lifetimes.

So what to do about it as a group of people or a family of light? You may be able to see now why I keep asking you all to work more closely together as a family. WHY? Because in families, when the going gets hard families stick together to find solutions to the problems. This of course is a broad generalization for sure, but I am sure you understand what I mean here. Yes many have lost their family connections, and some families fall out with each other because of the social situation. Again, see the control in this and the way that many cultures would rather put their older people out of sight and mind when old and sick. In the old days this never happened. The extended family would all work together to solve problems.

Like an American Indian said to Baba once, "Hey Das, what tribe are you from?" Das said, "On a 3d level in my country we don't know any more." He said, "That's the worst thing that could happen to a man on this earth, not knowing what tribe he belongs to." He told Baba, "I accept you into my tribe from this moment, so now you know who your family is—you are Navaho."

So my friends, here is what we do as a family: we affirm that we are not willing to accept any war on our planet ever

again, that we will not be controlled, but be free in LOVE, that we will remember that we are all brothers and sisters on earth and the earth is our Mother. As such we will LOVE her and not harm her in any way. We will free ourselves from the programs that we have accepted that have led us to believe we are victims not creators. And create peace and harmony in our lives.

So I do hope you listen to me, because you can be free now and peace can be the energy on earth now. You are all here on earth to do this. Remember you are channels for the Energy of freedom Shamballa and Mahatma.

I am Germain. Shamballa on!

LOVE, Baba April 7, 2003

Goddess Gaia channelled by Haridas...Shasta intensive

Goddess Gaia
I am the Goddess Gaia. The feminine consciousness of Mother Earth. It is not often I speak thru channels. I was asked to be granted the privilege of speaking thru this channel, to tell you how much I appreciate your love and your healing and to tell each and every one of you how much I love you.
I hope you can feel my love, as I amplify your love and use it to balance my meridians, use it to clean my heart chakra and then amplify the love and send it to each and every one of you as a personal gift from your mother.

This work of love, this labor of love, that you are performing for me is a most wonderous thing. It reminds me that my children have not forgotten me and do love me.
My heart is glad and happy and as I heal and transmute, in gladness and happiness becomes more and more within my heart. There is , there has been on my part, a time of indecision as to what I should do that is best for my children, you beings, in past days, have brought me to a decision and my decision is to balance and heal further before I take you and the Universe thru the ascension process.....I have had an idea in my mind, that I would quicken things, and by quickening things, it would have meant that I would go into a healing crisis instead of a gentle transition into wholeness. Thru that healing crisis, much upon my body the mantle, the mantle of my body, which you call the surface of the Earth could have had its nature changed....you humans might call it destruction. Understand, that the destruction is only from the perspective of humans that are focused on staying in their 3rd dimensional aspect. Nevertheless, it brings fear into their hearts because of a lack of understanding.

Through the healing which you have been giving me, and the love that you are giving me, it means that the transition into wholeness can be much smoother. I love you my children...and like all mothers, I try to make the right decisions for each and every one of you to take you into the love, to take you into wholeness, in a most gentle way that I can find.

Thank you.

I will accept the gifts that you have given. Accept my love in return.
Bless you all.

********** end of channeling **********

Melchizedek is not just the name of an individual who once inhabited this planet. It is the name of the Cosmic Priesthood that exists through every dimension upon every sacred planet. Some of the pages below examines the Scriptures to determine if Melchizedek, the king of Salem(now called Jerusalem) in the time of Abram, was Christ before his incarnation. It is now coming out that Melchizedek was far more prominent than we had supposed, and the reason why we haven't known this, is because, as the Bible scholars tell us, it has been expunged from the Bible.

Christ (spirit of Michael) of 2,000 years ago came after the order of Melchizedek's priesthood, however Christ of 2,000 years ago was to experience being born into the human race, something Melchizedek had not experienced. The Christ of 2,000 years ago was born of an earthly woman, yet he was not born from the seed of any earthly man. There is a great mystery regarding Christ, that was only to be revealed at the appointed time in the latter days. The mystery was not over at the cross 2,000 years ago, nor did the mystery of God begin with Jesus. This study and others reveals the meaning of the mystery clearly to those who have an ear to hear. As a king and high priest of the Most High God (Gen. 14:18), Melchizedek holds a place of great honour and respect among Latter-day Saints. An example of righteousness and the namesake of the higher priesthood, here presents the scriptural ideal of one who obtains the power of God through faith, repentance, and sacred ordinances, for the purpose of inspiring and blessing his fellow beings." -- Encyclopaedia of Mormonism The Melchizedek Priesthood is the authority, responsibility, and power to act in the name of Jesus Christ and to organise and direct part of his work. Through the opportunities of this priesthood, men and women in partnership with God can conduct the work of the family and the Church."- Encyclopaedia of Mormonism An important witness to pre-Christian Jewish speculation on Melchizedek has surfaced among the Dead Sea Scrolls: 11QMelch.The fragmentary Hebrew text, usually dated to the first century B.C., features Melchizedek as a heavenly end-time redeemer, with attributes of the archangel Michael. He appears in the tenth and final jubilee of world history to rescue the elect, the "men of the lot of Melchizedek" , doing battle with Belial and his fellow evil spirits. Melchizedek's triumph is described as a high-priestly act of "expiation" Also noteworthy is that Melchizedek in 11Q Melchizedek, is called "Michael, Melchizedek, and the Prince of Light were three names for the same figure. "(p. 176). This is interesting in light of the current Adam-God doctrine discussion going around. There are many Adams, which is an office as well as many other names for him, as well as for Enoch and Melchizedek, as now attested in the Dead Sea Scrolls. Melchizedek was also in charge of the eternal process of creation, who by the spark, ignited light into the worlds, hence an organiser of the worlds with the gods. God's assistants, "the faithful servants of Melchizedek", rescue and preserve light particles lest any be lost in space. Melchizedek is mentioned by Philo, a first-century Jewish philosopher of Alexandria, in three writings (Legum Allegoriae 3.79-82; De Congressu 89;De Abrahamo 235). Philo interprets the text of Genesis in a Platonic-allegorical fashion, seeing in Melchizedek a reference to the divine Logos, the thought of God in which the pattern of all existing things is conceived and the "image" of God according to which man was created. Another important text, 2 Enoch, attests to early Jewish interest in the figure of Melchizedek. In this text (chaps. 71-72), a child is born miraculously to Noah's recently deceased sister-in-law, and the child, marked on his chest with a priestly seal, speaks and praises God. The Boy is supposedly already 3 years old when delivered. The boy is named Melchizedek by Noah and his brother Nir, whose wife had been posthumously delivered. Ina night vision Nir is told of the impending flood; he is also informed that the archangel Michael will bring Melchizedek to paradise, thus enabling him to escape the flood waters. Melchizedek will eventually become the chief of priests among the people, and in the end of days he will be revealed yet another time as the chief priest. In this text, Melchizedek has three different earthly manifestations: born before the Flood, serving in the postdiluvian age as a great priest, and functioning in the end-time as a messianic priest Melchizedek becomes outstandingly significant, too, because of information about him in Biblical passages other than the Genesis account. In Psalm 110and in Hebrews 7, Christ, Who fulfilled the promise in the fullness of time, is spoken of as a priest after the order of Melchizedek. The order of Melchizedek, thus, as interpreted in the Old and the New Testaments, was the priesthood of the promise, of Christ Himself, in contrast with the later priesthood of Levi and Aaron, the priesthood of the ceremonial reminders of the promise. Besides Melchizedek, two other persons living in this period are also referred to in the Bible as teachers and preachers of God's righteousness: Noah and Enoch. Noah is called a preacher of righteousness and an "heir of the righteousness which is by faith" (Hebrews 11:7). And Enoch the seventh from Adam is mentioned as the one who warned the people in his day against false teachers (Jude 14).A fragmentary text from Nag Hammadi (IX.1: Melchizedek; cf. Pearson, 1981,pp. 19-85) contains an apocalypse given by angels to Melchizedek, "priest of God Most High." It is revealed to Melchizedek that he will ultimately reappear as Jesus Christ, Son of God, to do battle with the cosmic forces of darkness. The most developed levels of speculation on Melchizedek, also lacking any influence from Hebrews, are found in Pistis Sophia, Book 4, in which Melchizedek plays a key role in the process of purifying human souls for entry into the "Treasury of Light" and transferring them from the domain of the archons, or earthly rulers, to that heavenly region. The younger material in books 1-3 of Pistis Sophia develops these ideas further: Melchizedek is a heavenly being who seals the saved souls upon their entry into the realm of light.

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see URL for more info:

http://www.aristotle.net/~bhuie/melchiz.htm

Merlin channeled through Hari Das on Easter Sunday, Munadarnes, Island 2000.
(Transcribed by Lilja Petra 28th April 2000) copyright the shamballa
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I am Merlin, the one that many know as the magician and the teacher of king Arthur.

I would like you to know that I am not myth, I am not legend.

I am Merlin the magician and I am here.

I come to speak with you on the subject of what many would call earth healing. I myself would prefer to call it earth working. Earth working in numerous, different ways.

First of all I would like to say that there are many human beings that have a habit of believing that they have saved the earth. They travel off to well known places like Giza and Titicaca, Palonic and others of these well known sites.

For me I am always very happy when people go to these places for it means that their attention is focused in the wrong place. Why does it make me happy when their attention is focused in the wrong place? It wouldn't take much thinking about really now would it? If they are messing around in these places the points upon the earth that are now the truly holy and sacred sites are being left alone by these interfering beings.

Have you ever noticed how so many just have this total believe that they have saved the earth?
And if every one of these people had really saved the earth we would definitely be in another dimensional reality.

How many people did you hear claiming that they had activated the ascension codes in Giza?
Again it does not take much thinking through that if they had things would be very different. I would like to tell you that the ascension codes are not kept in Giza anyway.

They are somewhere else in a completely different country. I would give you one small clue. They are on that island that ones was my home during the time of Arthur. And before you all go off stampeding to Stone henge and other places, the codes are not there either. At the moment there is only two or three people upon the planet that know where they are. And we intend to keep it that way for now.

Many of these people they go off and they take crystals with them in their workings. They take crystals that have not been processed or programmed and they put them into the body of the earth mother and create discordant energies within her body and grids. It means that somebody at sometime at some place have to clear up these energies. It is not a question of going and taking these crystals out it is a question of programming the crystals correctly. This of course can be done remotely on most occasions by beings that have the knowledge and the focus.

I Merlin am not trying to discourage the people who believe it is their missions to save the Earth. In many ways I encourage them. Because at least it keeps them out of any other mischief they may get into.

And after all we have the technology, we have the beings to do the reharmonising, re balancing.

So I would like to speak to you on just how you should be working with crystals in conjunction with the earth's mother energy body. Of course there was a time when I would have encouraged everybody to lay mandalas of six pointed stars. But the energies have been changing rapidly.

Many would not realize that we have already been through a dimensional shift. And because we have been through this dimensional shift. It is necessary to change the configuration of the mandalas. What configuration should you now use? You should lay mandalas with twelve pointed stars. In other words a double star of David, twelve crystals.

Of course many human beings are resistant to change. It has been a thing that I have noticed over thousands of years. And where humans are resistant to change they have a tendency to make all kinds of excuses not to do things, so many will make the excuse I do not know how to do a twelve pointed star.

Most human beings understand that one and one equals two.

And that one six pointed star and another six-pointed star make twelve. So this is not a riddle. It is information that tells you that a twelve pointed star is two six pointed stars.

So how would you lay them? You would lay one six and then overlay another six on top of it.

Very, very easy.

Now we spoke about programs and programming. The programming of these crystals must be very precise. For if they are precise it means we don't have to go change the programs after the people have left. And what programs would we use? We would use a very, very simple but all encompassing programs.

We would program them so they would bring down the seed blueprint of Creation, this program allows the crystals to change their programming as the seed blueprint evolves and changes. For good measure you could also throw in that they will bring down the Mahatma energy for those others that may hear or read or see this channeling more information is available on the Mahatma from many many different sources.

Or the most concise information that is available is from Brian Grattan and Vywamus. So use the Mahatma program in conjunction with the other. Also make it that the programs of the crystal cannot be changed by anybody but you. And this will prevent the mandalas from being interfered with. By those beings that consider it is not in their interest for the consciousness of mother earth and her children to expand. For expansion of consciousness brings freedom and many still have it on their agenda that there will be no freedom.

It is not my place as Merlin to go into the dark corners of control and depression. For me it is just enough to inform you that some beings have different agenda then you. Now it is also possible for these mandalas to be laid holographically this one spoke to you yesterday about this.

But for the sake of this channeling that I want to be freely distributed for this channeling supersides all other channelings that I have ever brought through on earth working and healing with these crystal mandalas. So it is possible to holographically imprint these mandalas. Oh, of course I hear again the human beings say, how can I do that, I am only a human being.
Do I have to remind you that you are all God and Goddess. I suppose I do.
Sometimes I think that my voice is stuck in a groove like a stylus or a needle on a record. You are god/goddess, you are god/goddess, you are god/goddess, you are god/goddess..... the needle stuck, the needle stuck, the needle stuck, the needle stuck.

Maybe if we made records or CD´s with You are God/Goddess, You are God/Goddess, You are God/Goddess, You are God/Goddess, You are God/Goddess and it was a musical hit parade everyone would start to believe it, You are God/Goddess, You are God/Goddess, You are God/Goddess, You are God/Goddess, You are God/Goddess, (rapping of the God/goddess hit!!!!!)

What marvelous music, oh now I believe I am God/Goddess it was on the radio.
Oh and they made a video and showed it on the TV. They looked very beautiful I am as beautiful as that.
God/Goddess, God, god Goddess, god, god goddess, (rap again)

Because you are all God/Goddess you can holographically imprint mandalas you can holographically imprint anything. Anywhere in the whole of Creation. Isn't that good news. If everybody really understood this the revenue of the airlines would go fast down.

As all these beings that thought they were the saviours of the Earth wouldn't be buying tickets to travel. They would stay in the comfort of their own homes and send holographic imprints of mandalas to anywhere on earth that they consider needing rebalancing.

Do I need to give you information on how to form these holographic images in your mind. Well, I understand that the persons present at this gathering probably have enough information on holographic imprints and holoforms but many others they would not consider they had the brainpower to do it. It is a marvellous thing that I have noticed about human beings. They always consider they need more training. Wake up you are everything now. Ones you realize this also the workshop facilitators would have their revenue drop down.

So what will they do, they can sit in their homes and send holographic imprints. It will keep them happy believing they are saving everybody.

Its about time that humans realize that nobody needs saving. The earth doesn't need saving, you can all save your selves. Its the tendency you have to give your power away that makes you believe you need saving. You can imprint yourselves holographically with saving holoforms. So what is a saving holoform. Of course you must realize by now that I am being jovial and I am having a laugh at your expanse. What you may consider to be a saving holoform I would consider the holoform of wholeness. You mean it is that simple that I can be saved. The answer is yes. I will try and focus my mind and be little bit more serious with you.

But understand that for me Merlin sometimes that is quite difficult. Often lighthearted fun with others brings about really quick realizations.
Sometimes realizations can be reached very quickly with fun, jokes, and laughter. Realizations that often take people many years many years of supposed study and dedication. Can be realized in a second through laughter.
You should learn to laugh at your selves. Learn to laugh at your thought processes and thought patterns. Because ones you learn to laugh at your selves one of the greatest realizations that human beings often have, is how ridiculous their previous believe system was. Of course when I say how ridiculous your believe system was it is not a critisition for it is your believe system that help you to realize the nature of your true selves.

But often for thousands of years you would hold on to these believe systems becoming trenched within them. You would believe in them so much that it would be like existing in a box. You would start not to understand that there is creation outside the box that you have constructed. That the sides and the walls of the box are the end of Creation. It's not true, Creation is infinite. When you realize that the Creation is infinite you should start to realize that there is infinite knowledge to gain. That there is infinite amount of energy to be absorbed so that where a truth was to you the an amazing discovery that you thought that encompassed the whole of Creation you will find that it was nearly a tiny fragment of Creation. So change is what is needed, change in thought patterns, changes in lifestyles, changes in teachings, changes in philosophies, changes in sociological structure, changes in philosophical structure in other words, complete change. So now you are aware of this information of change. Change the way that you work with the mandalas. For holographic thoughtform imprints from a concept in your mind of twelve crystals in the shape of a double six star. These crystals can be any size that you would like. If you would just quiet your minds for a moment I will ask you to start forming these expressions with in your mind. And I Merlin will help each and every one of you present to form this concept to see it in your minds eye. So sit quietly for a moment and we will start creating.

Now you see these twelve activated crystals in your mind. Lets program them with the divine blueprint of Creation also known as the seed blueprint of Creation. So now I Merlin will imprint these holographic crystals that each and every one of you have in your mind with this program. Seed blueprint for Creation activated (puff)
We will just spend a few moments now, feeling and seeing that energy with the seed blueprint. (PAUSE)

So now lets imprint these mandalas so that they channel the energy of Mahatma. The I am presence of Source and I do that now for you.(puff)

And now the energies of unconditional love.

And now selfcleaning, self harmonizing and self balancing.

And now nobody can change the program except for you.

Now these are the series of the programs that you put into your holoform or your holographic crystals. So now all you have to do is place that hologram into the earth.
And you have it one holographic crystal mandala programmed up and running.
But now with each and everyone present we are not going to put this hologram into the earth. We are going to insert this hologram into your higher heart chakra into your chest space. For those that have got the compasity to think logically and for those that know that your heart chakra is represented as a twelve pedal lotus it might be easy for you to think trough that integrating a twelve pointed activated mandala into your heart chakras will enhance your capability to love unconditionally and greatly increase the amount of high vibrational light that you are capable of grounding through this chakra.

So you could work with this yourself but I Merlin will help you with it.
Let us now move this activated holoform from our minds into our hearts. And I move this with you into your hearts now. And now I further activate it with the energy of the magician (puff)

Your hearts are shining stars.

Others outside this workshop could use this technology to further activate their higher heart chakras. This holographic imprint will help you to allow the magic, the magic of love, the magic of laughter, the magic of lightness to manifest in your lives.

It will enhance your healing, it will enhance your channelling processes.
It enhance your lives in general. For those of you that have experienced the Gral meditation with me you may visualize the holy gral within the centre of this holographic mandala.

This will further enhance your capabilities, will help you to realize your multidimensional reality. For those of you that have not heard of or done the gral meditation with me I suggest you look for a copy of this meditation and practice it on a regular basis. This does not mean that you have to do it every morning and every night.
But if you visualize that gral and the energy of Mahatma love and light and unconditional love flowing into it to overflowing before you channel or heal, you will find it will be much easier and more focused.

Now think of this.

That every time that the seed blueprint for Creation changes and it is incidentally changeable, it needs to be infidently changeable because every time a person walks in or out of the light, the whole plan has to change.

The final part of the plan never changes, because the final part of mother/father sources plan, is that all beings shall return to Source.

All beings will be brought into the consciousness of Source, but the way that this is facilitated for individuals, for races and countries, is constantly changing.

Because of the constantly changing minds of humans. So when the seed blueprint change, when they plan of the seed blueprint changes.

You are already well and fully equipped to absorb the new and changed energies through this twelve pointed holoform you are instantly in touch with the changed energy. It will save you a lot of effort and work.

There is an idea amongst humans that if there is anything worth having it is hard work and you will have to work very hard for it.

I Merlin tell you that anything worth having comes easy and working with magic is easy.

So hopefully I have given you some information, which will be useful to you.
If you think it won't be useful to you well then put it aside. There may be a time in the future when you come to the realization that it could be useful.

Of course I Merlin do not expect all the people of the Earth instantly to believe what I say. There are so many diverse, different types of beings with different ides and philosophies, creating for themselves different degrees of limitations, creating for them selves different degrees of freedom. And there was never any being that could please everybody on earth simultaneously although I myself am working on it.

Why have I been around for thousands, and thousands of years. It has taken a little while.

So my message to you is, is to allow the magic to manifest in your lives allow the magic to manifest within your hearts. Allow the magic to manifest in every aspect of your lives.

I am Merlin, magician of those western isles.

I leave you in my love and I salute the divine within each and everyone of you and I rejoice in every step that you take along your path for the place that you are now is perfect for each and everyone of you.

Friday 6th October 2000-morning session Call to cosmic alignment, Iceland.

Germain through Hari Das Melchizedek

Good morning, I am Germain. Well, Shamballa family, I extend to each and everyone of you a welcome. A welcome into my heart, a welcome into my love, a welcome into my energy. As I welcome you in to this energy I am also constructing multidimensional energy gateway through which you may move and trough which energies may also move. You have been speaking of Shamballa and as each and every one of you are part of the Shamballa family of light, or to
put it in an other way members of the violet tribe. I would just say a few words on how you are discovering more and more and more in how this Shamballa energy works. So last night you experienced some of you group healing with this Shamballa energy and as this channel shared with you the group creates an energy hologram which interacts with the physical body, but
not only interacts with the physical body but also interacts with the multidimensional bodies or the finer bodies also. What is happening at this time when there is an interaction between the physical and other dimensional realities. The hologram that you see and I think that this is the best way to describe this is as being a hologram. The hologram that you see is an energetic reflection of the perfection and harmony of Shamballa. I know that some don't understand what Shamballa really and truly is. Some may consider that Shamballa is just a name that is used for this healing modality or a label, which is used to describe this energy.

So what is this Shamballa?

Shamballa is a place in time and space or Shamballa is a number of places in time and space. When I say a number of places in time and space I mean that in every dimensional reality there exist Shamballa.

So what really is Shamballa? In some ways I see the easiest way of explaining this to you is that Shamballa is a place in time and space where harmony, balance and love is the totality of the energy. And if you wanted to see Shamballa in your mind or in your minds eye. You can see Shamballa as a crystalline city of light.

So where does the closest aspect of Shamballa exist?

The closest aspect of Shamballa to your dimensional reality exist in the fifth dimension. But at this time as the vibrations of the planet heighten or rise. Some times there is an inter-mingling of the fifth dimension with the third or fourth dimension. This brings about some times very interesting results. Cause Shamballa starts to manifest upon your planet as a city of light. So where does it manifest? If you could think about a map of your world in your dimensional reality that area which takes in Mongolia, the place that is known as the Mongolian steps. This also as well spreads south towards the country of Tibet on top of the Himalayas. This is where the energy of Shamballa ankers into your dimensional reality. It is also interesting to note that during these times when the vibrations are so high upon the planet and Shamballa starts to manifest into your dimensional reality that some of the governments of the world they see Shamballa manifest. Shamballa is perceived by them by through the means of the satellites that they have flying around the earth. Some of these satellites have very powerful imaging devices. And all of a sudden they see upon their screens something new that wasn't there before. So they start to zoom in on this manifestation. You should realise that these satellites are powerful enough to zoom in on you to see which page of which newspaper you are reading in your garden. So when they see Shamballa manifesting it makes them think a lot. They send their airplanes. Check it out. Usually by the time the airplanes get there Shamballa has again disappeared.

So that is the first manifestation of Shamballa from the fifth dimension, but you my friends the Shamballa family of light that live around the whole of this world. Are the means by which Shamballa continually manifests itself energetically into your dimensional reality. And as you focus or as you keep your selves aware of the fact that you can continuously bring through or ground the energy of Shamballa. You can hold connections with multidimensional Shamballa.

If you all close your eyes in this moment, I will for each and everyone of you show you a hologram of what Shamballa looks like as a city of perfection of light in the fifth dimension.

(silence)

For in this moment not only am I going to download to you this holographic impression. What we will do is we will visit fifth dimensional Shamballa in our activated crystalline light. So we are going to create a group living lightship. And how we are going to do this is we are going connect to each other within our hearts in unconditional love.

So I would like you to start connect with those around you through your higher heart charka. So at this time as you are connecting we will start to download into this vortex within which you sit some unconditional love.

And as we download this love feel your hearts expanding. Opening, and expanding, expanding. And as your hearts are expanding feel, these connection between your collective hearts building, and getting stronger. So now as we are connected through the hearts let us now activate your crystalline light, your Adam Kidman bodies of perfection. So this is easy.
See your selves as double terminated crystals. And you see, feel, allow, imagine these double terminated crystals to start vibrating with this energy of love and Shamballa.

So now we are going to increase the vibration rate of your crystalline light. And I am going to take the vibration rate of your light up to very close to the very speed of physical light.

And now we just increase the vibration of your lightbodies, trigger the light, the light, the light, trigger the love, the love the love, the light, the light the light the love, the love, the love.

So now we are going to start merging the crystalline lightbodies into one crystalline lightship and as we are merging

into one crystalline lightship in a moment I am going to take you into fifth dimensional reality and Shamballa.

So now we will give you some time here to interact with the beings that live in Shamballa. To interact with that collective consciousness that is lords and ladies of Shamballa.

So now let us gather in the central hall, in the central building of this city of light, harmony, love and perfection. And as we gather in this place. I Germain am going to start bringing to you the energies of the elements that you have already been brought into contact with. You could
say if you wished that you have already had initiations or activations into.

First of all I bring you the fire, the fire of the volcanoes and at this time I ask and demand that the spirits of the volcanic fire transfer their energy holograms into your fifth dimensional lightbodies and also into your bodies physical.

And now I bring you the energies of water. And I ask that the water devas the water goddess also transfers her energy into your fifth dimensional lightbodies and your bodies physical.

And now we bring you the ice.

Now I would like to introduce each and everyone of you to this collective consciousness. Collective consciousness of the lords and ladies of Shamballa.

These lords and ladies of Shamballa will help you to integrate the energies that you already have received within you both within your physical bodies and multi-dimensional bodies.

Now we merge all these elements. We merge them and as we merge them we activate them within your Adam Kadmon body, your crystalline lightbodies.

Ok, my friends, now it is time for us to return to this beautiful island where your physical bodies still remain. So you can say goodbye to our friends and the collective consciousness of Shamballa, the lords and ladies.
Connect ourselves again with our crystalline lightbodies. And journey in a moment back to our physical bodies, bringing with us these integrating energies, bringing with us our crystalline bodies of perfection. And merging again with our bodies physical.

Transcribed 5th November 2000 by Lilja Petra Asgeirsdottir

MODRA CHANNELING

Rhynie Scotland, channeled by Hari Das, Good morning this is Modra, I come with good news, for some anyhow!! I am from the Andromida system, I have been working with this one for some time now, not many have heard of me on earth. I will tell you who I Am. I Modra first came into contact with this channel about 5 and a half years back your time,

When he went to live in Scotland I and the beings I work with were asked to take on the job of looking after the site in Scotland, temple guards so to speak, I said we would include it in our commitment to Mother earth.
This is when thing really started to happen between us, although I had sat with him at galactic council we were not very familiar with him or the beings of your planet, at that time I could not even understand your language never mind what you said with your voice, as for the way you live all of you on this earth I could not see any sense or logic in it, the way you treat the Earth and each other was beyond my understanding. My people have also taken on the guardian ship of you and your earth in other ways.
We keep out the undesirables you could say!!!!!

So what about may you might as well ask, here is the way I see it, remember I Am not from this earth and have never

lived here in the flesh.
The time ahead of you is beyond words. you as a race can now move forward at last very quickly, this is not because you are being rewarded by God a or anybody for anything, it is because you have all chosen this moment to be incarnate here, many have waited for millions of years for this time, for you all know within your hearts that you are LOVE that's all, remember that you are that, you are the creators of everything here on this planet, oh yeas I hear you say we heard all this before, yep, you have because this is the way it really is you all choose this, imagine billions of people saying lets have a party we will meet on earth during early may 2000, and are we going to have a ball.!!!
The stars will be lined up the energy will be great and wow will we have the chance to sort ourselves out, allot thought they did not need sorting out until they started to wake up, HEY the alarm clock went off for most as you moved in to the time you call the millennium. By now you should have shook the sleep out of your eyes and at least woke up and smelled the coffee.
Hurrah it's not a new day but a new age, so what does that make me? you should ask. What's the answer? easy, it's whole that what it is, you all should know wholeness is LOVE.
So take things easy there will be no serious disaster that will affect mother earth all over but, LISTEN up, there will be places on earth that need help and the people there will need help, this is where you come in all of you, look at what you have in your lives in a material sense, most have to much, they can't use what they have, SHARing is the way of the future, why should people starve and even live without clean water while some flush 2 gallons down there tubes every time they urinate in these things you call toilets, are you all mad we ask.

Why do people starve and live without shelter, when with a even share of everything on earth all could be very comfortable and have a nice time?

Many of you will know that you are processing about many things, why? because you need to, or you need to let go NOW, letting go alleviates all reasons for processing, for remember you are not victims, there is no lack of LOVE, this flows from the creator at all times, the only lack there really is on this earth is a lack of expectance and caring for others.
As the planets align you will feel the need to help, first help yourself through self LOVE and forgiveness and then help others.
So here we have it, be LOVE allow LOVE to flow with you and Glow with the Flow.
LOVE Modra
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SHAMBALLA AS A MANTRA

[Shamballa as a mantra.]

Get more and more comedy into the work. Have everybody laughing at themselves. And challenge the established control systems. I was invited to speak at this big UFO conference. So what I did was just make jokes. I got this friend of mine to do it with me: the energy of the Goddess skit. …

Swami Beyondananda—completely off the wall. If you ever get a chance, go see him. Hilarious. He works on the activation of the clown chakra. Germain just said, "You're babbling Das!"

Yes, there were a whole lot of beings that came through this time. So many of them. I was going to say "unbelievable," but they say, "You'd better believe it!"

BRINGING IN THE MAHATMA (and CHAKRA CLEANSINGS)—Germain/Vywamus

We have teams for opening up crown chakras, even. Chakra balancing teams. So, Germain called in the team. I could feel the energy arriving. When the energy spread itself out around the group, I could also see that the team was

composed of individuals. So now we work on gently opening and clearing the crown, and simultaneously activating the earth stars. And I want this work done in accordance with the I AM Presences of each and everyone here.

What I personally perceive now, tingling around my head, and I feel the energy coming into my body, down, and my butt is definitely grounded into the earth. Now we shall search for any blockages in the crown chakra, self-imposed or imposed by others. Now in accordance with the I am Presences of all, we remove these blockages.

Now we move up to the 8th chakra. It's above your head. In accordance with the will of each I AM present, (snap).

Now, 9th chakra, a little further above your head. You don't have to know where, just focus there.

Now, in accordance with the individual I AM's….[snap!] Let's always keep aware of the earth chakra, to keep grounded.

OK lets go to 10. Again, working in accordance with the will of the I AM's…..[snap!]

Let's go 11. In accordance with the individual I AM's……[snap!]

Ok, number 12. In accordance with the will of the I AM Presences…..no. 12 clear! [snap!]

Now let's bring this clear energy down through 12, 11, 10, this mahatma energy. 9, 8…Your I AM Presence knows exactly how much of this energy you can take in. We're going to bring it down down down into the 7th. We're focusing on the clearance of the 6th now. Come on team…[snap!]. Now, 6th clear. Bring the Mahatma into 6.

Now 5th chakra. According to the will of the individual I AM's….again, bring in this Mahatma energy into 5. [snap!]

Now into 4, the higher heart chakra. We'll spend a little more time here. So now let's just clear 4, with the will of the individual I AM Presences. All this work must be done according to the will of the individual I AM presence. What your ego requires has nothing to do with anything here. Ok, we'll clear 4…[snap!] Bring in the Mahatma to 4. I am that I am, the Mahatma in love.

3, into the solar plexus. Well we all know a lot of people have a lot of stuff here, emotional things. Again just ask the team….according to the will of your I AM Presences, we'll take out everything we're allowed to. Now bringing in the Mahatma energy in here, clear again [snap!]

Now 2. What have we got in 2? Anger, repression. Being repressed, and repressing others. Bring the Mahatma energy in again. According to the will of the I AM Presence let's do this one…come on team, let's get down there…..[snap!] Bring in the Mahatma.

Down to 1. Clearing out this 1. Bringing the Mahatma in. [snap!] Great.

Now let's bring in the Mahatma energy, down through your chakra column into your Earth Star….I AM that I AM, the Mahatma in love, silver gold and violet…..We'll bring this Mahatma energy down, in accordance with the will of your individual I AM…I 'd like you to run an affirmation through your minds: "I affirm I am now ready to receive the Mahatma in accordance with the will of my I AM Presence. I AM that I AM. Do this out loud or run it through your minds.

I Germain leave now this work to Vywamus.

I Vywamus call upon the I AM Presence of Mother/Father Source, and your individual I AM Presences….call upon your subconscious minds, and your conscious minds, call upon your ego…Don't notice, the Mahatma energy is coming your way….I AM that I AM Mahatma in Love.

So now, as you breathe in, we're going to infuse this Mahatma into your activated Light Bodies. As you breathe in,

see, feel, allow, imagine this gold/silver/violet energy of Mahatma, integrating your crystalline light body, your adam cadmon light body of perfection ……See the silver/golden/violet pulsating……and understand, you are love. Allow yourself to feel, allow yourself to love, and to be loved. At this moment you can make the affirmation, "I AM that I AM the Mahatma. I give myself permission to love myself. I AM perfect. I AM that I AM." …….

Now in this moment, I Vywamus, in association with Metatron, offer you the activation of the Light Body of Shaddai….The Light Body of Shaddai, the Metatronic Light Body…..in accordance with the will of each individual I AM Presence…. I integrate this Metatronic Light Body into the adam cadmon Light Body……..You may at this time see, feel, allow, imagine a cloak of light, just like the cloak of a magician, the cloak of Sananda…..And this cloak of light, it IS the Light Body of Shaddai, the Light Body of Metatron. And now if you visualize, see, feel, allow, imagine, this Light Body, this cloak now surrounding your body physical, your adam cadmon body….Also at this time we bring you, if you wish to receive it, in accordance with the will of your I AM, we bring you the Melchizedek Diamonds and Crystals. These Melchizedek Diamonds and Crystals, packets of information….these light packets could be activated as Divine Light Codes in your adam cadmon and Metatronic Light Bodies. If you wish to receive them, just affirm in your minds that you are willing to receive them. If you don't wish to receive them affirm that you aren't, and you'll not get them. …..Again, it all takes place in association with the will of your I AM. So now we offer these Diamonds and crystal activations, these light packets of information, now [snap!]…

Now we bring you so-called hidden knowledge, Dead Sea Scrolls…..Again, these are, I'd say packets of pertinent information …….If you wish to receive them, again all in accordance with the will of your I AM Presence…now we load these codes into your Light Body, as it's appropriate for you to receive…..[snap!].

Now we bring you the sacred cosmic fire letters, the sacred languages……These letters are encoded with the Mahatma energy, that's flowing through you…..As the Mahatma energy flows through you, just bring these cosmic fire letters into the whole of your cellular structure, your molecular structure, sub-atomic particles, microtrons, super electrons……..into your Metatronic Body, into your activated light body…..bringing the Christ Consciousness codings —each and every one of you are Christ, Christ each and everyone of you, if you desire in this moment….

……We activate these fire letters NOW [snap!]. ……

Now also it will, in accordance with the will of your individual I AM Presences be encoded, these codings, these packets of information, these fire letters into your chakric systems……We activate the Christ consciousness within each and every one…….We ask the chakric activation teams now to help with this work……..

REMOVAL OF THE CRUCIFORM HOLOGRAM—Vywamus/Sananda

So now, as we activate all of these energies, we call upon your godselves, each and every one……I call upon my Godself. I also call upon each and every person's multidimensional aspects. Call upon Mother/Father God…now we will proceed according to the will of each individual's I AM Presence…..At this time I will inform you that most of you are holding a hologram within you of (lost?) love……Those of you who have predominantly Christian lifetimes in the last 2000 years especially hold this hologram. We will call it "cruciform hologram"—"remember, Christ died for you"—he didn't! That's what you have been told, many have believed. You believe you should suffer now, for your sins. There is no "sin." Mother/Father God forgave you before you did it. Forgive yourselves, my friends, it will make you free. So now we're going to remove—again in accordance with the will of your I AM Presences—this cruciform hologram. We have a team formed for this, so I call in the Team relevant to this work [clap!] At this moment I ask you all to get ready….for this removal….recycle into love, recycle into light…and at the same time, fill the space with unconditional love, christed energy. I hope you understand that each and every one of you know that you are christed, that you are christ. So, now, we're going to wait a few moments for you to do this…take a breath and blow out for removal….ok, let's do it NOW! [whwooooo] So now, open your hearts, to allow the light and the love to flow into your hearts…….

I AM Sananda. Many of you know me as Jesus Christ. But I am not Jesus Christ, I am Jesus the Christed one. Each and every one of you is christed ones. I am here in my Sananda aspect to help you to fill the spaces left with pure love [unintelligible here] And as you forgive yourselves, you become whole. As you forgive yourselves, you step into your

mastery, your christedness. Remember, in the records of my healing, in my Palestinian ministry, I always said, "You're forgiven! There's no need to [make yourselves separate anymore?] You're whole! Forgive yourselves. [unintelligible] Feel this love…this love is mixed with the Mahatma…As the Mother and Father of all things shower their love upon you in the form of the Mahatma energy, I Sananda shower my love upon you. The time for denial, self-sabotage, and resistance is now past. It has no usefulness anymore. I AM that I AM Love—your new affirmation. Have compassion, for yourselves! [unintelligible] The changing of (your whole consciousness?) begins within you now. Love—you are. ……..My mother Mary wishes to speak with you.

MOTHER MARY

I AM Mary. Many of you would know me as the mother of Sananda. But I am much more than that. I AM Goddess. I AM Quan Yin, and all the other aspects of Goddess. I'm here to speak with you about compassion. I've come to speak with you about nurturance, forgiveness and love. Forgiveness brings freedom from all constricting energies….I am the champion of women's freedom. For Unconditional Love is the energy of freedom. Freedom is nothing else, but Unconditional Love. And now, my brothers and sisters, is the time—it is the time to love. And as my son Sananda said, it is the time for compassion—compassion for self. In this time I would like you to just imagine yourselves, to put your arms around yourself. Or you may physically do this, hold yourself, and say to yourself, "I love you unconditionally. You are such a beautiful being! I love you as much as Goddess loves you." Because you are beauty, you are that energy that God and Goddess is. As you love yourselves, you find yourselves becoming free of constricting ideas, constricting philosophies. And the freedom that you can experience in love. Remember the times when you experienced a small fraction of love—we can conjure up a picture of you running through a field full of flowers, feeling joyful—running through a field of flowers, feeling that openness in your heart—"I'm in love, I'm in love!" Remember the feeling? That's only a small aspect of the love that's available to you. As you love yourselves, just catch a glimpse of the freedom that you've experienced in these glimpses of love, that you have experienced in this life. And hold the concept within your hearts that that was only a small aspect of what is available to you. "Freedom that I never ever checked on. Empowerment which I had no concept of!" Allow the love into your hearts now. Allow the freedom through this love to manifest in your minds. We love you. Our vision for you is only love. I leave you with it, and I leave you with my blessing. Bless you.

THE 72 NAMES OF GOD FROM THE KABBALLAH

BY DR JOSHUA DAVID STONE

1. Vehuiah - Helps receive enlightenment, and to expand the consciousness. Dominates the Sciences. Influences the shrewd.

2. Jeliel - Helps repress unjust revolts. Aids conjugal peace. Dominates Kings and Princes. Influences all generations.

3. Sitael - Helps and protects against adversity and calamity. Dominates magnanimity and nobility. Influences lovers of truth.

4. Elemiah - Helps against spiritual torment and reveals traitors. Dominates sea voyages. Influence discoveries.

5. Mahasiah - Helps live in peace with all. Dominates Occult, Magic and Theology. Influences learning.

6. Lelahel - Serves to acquire "Light" and cure contagious diseases. Dominates love, fame and fortune. Influences the Sciences.

7. Achaiah - Helps discover natural secrets. Dominates patience and temperance. Influences the spread of Light

and Industry.

8. Cahetel - Serves to obtain blessing and protects against evil spirits. Dominates the agricultural produce. Influences the hunt.

9. Aziel - Helps keep promises and obtain the friendship of the Great. Dominates good faith. Influences sincerity and faith.

10. Alaoiah - Helps hide that which one does not wish to reveal. Secrets. Dominates plague and rabies. Influences healing.

11. Lauviah - Protects against lightning and serves to obtain victory. Dominates fame. Influences the learned who have become famous.

12. Hahaiah - Protects against adversity, helps in need. Dominates dreams. Influences wise and spiritual people.

13. Iezalel - Aids reconciliation and conjugal faithfulness. Dominates friendship and affability. Influences memory and shrewdness.

14. Mebahel - Protects and helps against those wishing to usurp the fortunes of others. Dominates justice. Influences and protects truth.

15. Hariel - Serves against the ungodly and defeatists. Dominates the Sciences and Arts. Influences discoveries and new methods.

16. Hakamiah - Aids against traitors. Serves for victory over enemies. Dominates arsenal. Influences frankness.

17. Lauviah - Aids refreshing night-time against sadness. Dominates the High Sciences. Influences musicians and poets.

18. Caliel - Serves to make known the truth. Aids the triumph of innocence. Dominates trials. Influences witnesses.

19. Leuviah - Protects and aids in obtaining Grace. Dominates the memory. Influences intelligence and joviality.

20. Pahaliah - Aids in conversions. Dominates Theology and Religion. Influences chastity and morals.

21. Nelehael - Protects against unfavourable spirits, against slanderers. Dominates Mathematics and Geometry.

22. Ieiaiel - Protects against storms and shipwrecks. Dominates fortune in business. Influences business trips.

23. Melahel - Protects against weapons and perils of travel. Dominates medicinal herbs and water.

24. Hahuiah - Serves to obtain Grace. Dominates the exiled. Preserves against thieves and murderers.

25. Nith-Haiah - Serves to obtain wisdom and revelations in dreams. Dominates the Occult Sciences and the wise.

26. Haaiah - Serves to obtain Grace. Dominates the exiled. Preserves against thieves and murderers.

27. Jerathel - Protects against unjust attacks, confounding one's enemies. Dominates civilization. Influences peace.

28. Seeiah - Protects against fire, ruin and collapse. Dominates health and longevity. Influences prudence.

29. Reiiel - Aids and protects against all enemies, visible and invisible. Dominates mystic feelings and sacred

philosophy.

30. Omael - Aids against desperation and trouble, strengthens patience. Dominates the generation of men and animals.

31. Lecabel - Serves to cast light on one's job. Dominates vegetation. Influences Astrology.

32. Vasariah - Aids against false, unjust accusations. Dominates justice and judges. Influences the word.

33. Iehuiah - Serves to uncover plots and traitors, undoing their plans. Dominates and influences just Rulers.

34. Lehahiah - Helps maintain peace and harmony between countries. Dominates faithfulness, respect and devotion.

35. Chevakiah - Helps recover the friendship of those we have offended. Dominates wills. Influences friendly distribution.

36. Menadel -Protects against slander, and to release prisoners. Dominates the return of the exiled to their native land.

37. Aniel - Helps conquer and to obtain release from siege. Dominates the Sciences and Arts. Influences the meditation of the wise.

38. Haamiah - Protects against lightning and infernal spirits. Dominates creeds.
Influences and protects those who seek the truth.

39. Rehael - Protects against and cures disease. Dominates health and longevity.
Influences paternal love.

40. Ieiazel - Helps release prisoners and releases from enemies. Dominates the press and books. Influences artists.

41. Hahahel - Helps against the ungodly and slanderers. Dominates missionaries. Influences priests and prelates.

42. Mikael - Helps and protects the safety of journeys. Dominates the powerful.
Influences curiosity and politics.

43. Veuahiah - Helps destroy enemies and frees from slavery. Dominates peace. Influences prosperity.

44. Ielahiah - Protects and helps win a lawsuit. Dominates victory. Influences courage in battle.

45. Sealiah - Helps confound the evil and proud. Dominates vegetation. Influences education.

46. Ariel - Helps rediscover hidden treasures. Dominates night-time visions. Influences difficult solutions.

47. Asaliah - Helps those who wish to raise themselves spiritually. Dominates justice. Influences contemplation.

48. Michael - Helps preserve harmony and union between spouses. Dominates the generations. Influences love.

49. Vehuel - Helps find peace against trouble. Dominates great personalities. Influences humility.

50. Daniel - Protects and consoles. Inspires in decisions. Dominates justice. Influences judges.

51. Hahasiah - Helps those who wish to know the Occult mysteries. Dominates Chemistry. Influences

the abstract sciences.

52. Imamiah - Helps destroy enemies. Protects prisoners. Dominates vigour. Influences research.

53. Nanael - Serves to obtain enlightenment. Dominates the Higher Sciences. Influences teachers and men of Law.

54. Nitael - Serves to obtain mercy and longevity. Dominates dynasties (Kings, Princes) and stability.

55. Mebaiah - Helps in consolation and those who wish to have children. Dominates morals, religion and piety.

56. Poiel - Serves to obtain what is asked for. Dominates fame, success and fortune. Influences moderation.

57. Nemmamiah - Helps prosper and release prisoners. Dominates generals. Influences combatants.

58. Ieialel - Helps against trouble and heals eye diseases. Dominates iron. Influences locksmiths, knife-grinders, etc.

59. Harakel - Protects against female sterility and rebellious children. Dominates treasures and archives. Influences the press.

60. Mizrael - Helps heal the ills of the Spirit, releases from persecutors. Dominates men of virtue. Influences faithfulness.

61. Umabel - Serves to obtain the friendship of a person. Dominates Astronomy and Physics. Influences the sensitivity of the heart.

62. Iah-Hel - Helps obtain wisdom and knowledge. Dominates philosophers and the Enlightened. Influences virtue in solitude.

63. Anianuel - Protects against accidents, maintains health and heals. Dominates trade and businessmen. Influences business.

64. Mehiel - Protects against rabies and fierce animals. Dominates the learned, orators and authors. Influences the press, books, etc.

65. Damabiah - Aids against sorcery and to obtain wisdom. Dominates the waters. Influences sailors, fishermen, etc.

66. Manakel - Protects against and heals epilepsy and calms anger. Dominates vegetation. Influences sleep and dreams.

67. Etaiel - Helps and consoles in adversity and to obtain wisdom. Dominates change. Influences the Occult Sciences.

68. Xabuiah - Helps maintain health and cure disease. Dominates fertility, agriculture and the Earth.

69. Rochel - Helps find lost or stolen objects. Dominates the laws and judges. Influences fame.

A MESSAGE FROM SANANDA

Just as the rainbow appears in the heavens, as a sign of god's love and light to mankind, so does the crystal come forth from the earth to bring a message of light from the past as a promise of love for the future.

70. Jabamiah - Protects and regenerates. Leads to inner harmony. Dominates philosophical knowledge.

Influences nature.

71. Haiel - Confounds the evil and grants release from enemies. Gives victory. Dominates weapons and soldiers. Influences iron.

72. Mumiah - Last Spirit. Brings every experience to a happy conclusion. Dominates Medicine. Influences longevity.

BRIAN GRATTAN CHANNELLING

Brian Grattan through John Armitage Hari Das 22.04.00 in Munadarnes, Iceland.

I am Brian, Brian Grattan, Hello it is my pleasure to be here with you. I also have another name and that is the golden boy. You should understand that all of you have special names with the ascended masters. Most of you know me as the being that first grounded the Mahatma energy on planet earth and some of you would know that I was not very good at taking advice from the beings that I worked with and in the end I managed to wear out my physical body with this energies. It is important to understand that the way the Mahatma energy is grounded upon the earth now makes it impossible for you to burn your self out with this energy.

Often when it is time to ground a new energy on the planet volunteers are looked for, to work with this energy. These volunteers tend to be beings that have a sense of adventure, a lack of fear in their mental makeup and beings that have very strong physical bodies. Many beings that posses these attributes do often find them selves in the forefront of new spiritual movements, strong physical bodies are needed to withstand very hectic work schedules, strong energetic bodies so they can withstand a very, very high blasts of energy and a lack of fear so that they don't get frightened while they are working.

When I first started working with the Mahatma energy I must admit that I did not have a clue what this whole project would in tale, all I knew was that in the time that you would term as ancient time I had volunteered to this work. When Vywamus and others came to me and asked me to do this work I must admit that I was very surprised. When I asked about the nature of the work they informed me first and foremost that it was to do with the spiritualisation of matter in your dimensional reality.
Well if I had volunteered to do this work in an ancient time many would think that I would know what the work was. But understand that many beings that incarnated upon planet earth choose spiritual amnesia sometimes for a long period of time until the time is exactly right for them to start the project that they have volunteered to do. There is then some times gradual awakening process to the project or in other situations an instant knowing and recognition. For me it was a gradual awakening to the process that I had volunteered to facilitate, understand that if I had been given the immensity of the project in the outset I would have probably said," that I am not ready and I will not do it".

Vywamus and others started giving me information on how to bring about the spiritualistation of matter in conjunction with this energy that you now know as the Mahatma energy. Because I was going to be the first being through which this energy was going to be ground I must admit that when I started this project I was not sure whether I could achieve it. These of course are the feelings that many humans have of the outset of a spiritual project especially one that is brand-new.
Some of you would know that there was a time when we tried to anchor the Mahatma energy on the earth before. This was at a time in your history that many of you would know as the Atlantis and although there was a time when most of the civilization of Atlantis had been destroyed and at this time in this channeling there is no reason to go into why these civilization destroyed it self only into the results of this destruction.

There was a time when this channel through which I speak now was involved in this attempt to ground the Mahatma and it was after a time of darkness when the sky had been black for many many years. And an ice age had overrun

your planet most of the humans were dead as were many of the animals, the insect the birds and the fish. The sun started to shine during the time of a darkness this channel had transmuted himself into a double terminated crystal and migrated deep, deep into the body of mother earth to hold the energy of love and light through this period the time had come for the sun to shine again as the volcanic ash had settled from the atmosphere this being then came out of the earth and again transmuted into human form after the transmutation into human form he was asked by the collective consciousness of the lords and ladies of Shamballa if it would be possible for him to hold an energy which would make it possible for all the ascended Masters to manifest upon the surface of this planet.

This being agreed. Many would wonder where this being gets his connections and energies from. It was at that moment in time when he held the energy for the ascended Masters to manifest, that the nature of his I am Presence was changed and he still brings that energy with him as he walks the earth today.

Enough about the history of this channel. I only give you some of his brief history to help you understand more about the attempt to ground the Mahatma energy. At that time when the ascended and some of the galactic Masters manifested on the planet these beings which many would know as the spiritual hierarchy attempted to ground the Mahatma energy also. The attempt had to be abandoned it failed, it failed because we had not allowed for one thing.

The emotional bodies of the humans that were left upon the planet was not sufficient or developed enough nor was their energy system sufficiently developed after that period of darkness so we had to withdraw the energies.

This of course was a great disappointment to us but like all beings we don't take long to get over our disappointments. Of course some beings would like to hold on to their disappointments and make it an excuse not to move forward not to move forward into love, not to move forward into light. but most beings deal with their disappointments easily, say that was then , this is now. so we carried on with our plan to ground the Mahatma in the terms of human years it took us a long time but of course out of eternity is was just a very short space and we developed a plan in conjunction with Sanat Kumara your planetary logos.

The plan included my self-Brian. Sanat Kumara and the cosmic aspect of Sanat Kumara known as Vywamus, another being known as Melciour and Melchizedek. We realized that if we could bring sufficient beings together on the planet we could create a lens or we could create an energy opening through which we could ground the Mahatma energy. So the event you know as the Harmonic convergent in 1987 was put together. Millions of beings around the world gathered together in different places, in holy hills, in halls, in their homes and in workshops to work with the converging of these energies.
There was not many beings that were consciously aware of what they were doing all they knew is that it was important that this harmonic convergence went ahead and it was important to get as many beings as possible involved with it.

Success was ours and yours. A great pillar of Mahatma energy was anchored and at the same time Sanat Kumara fully integrated his etheric body with the physical body of the earth mother. That was also a completion of a project that had been going on for millions of years.

This brought the time of the ascension of mother earth and her people friends, brothers and sisters of earth that the ascension process of mother earth is not for human beings. it is for mother earth herself.. Of course the humans will all ascend with the earth mother. and you all have the potential to ascend as individuals before the earth if you like.

Many have made the mistake of believing that they can force the ascension of mother earth and her people. This is a serious mistake and a spiritual folly, now when I say that the ascension process is for mother earth and not for the people I should explain to you that each and anyone of you as the child of mother earth has the opportunity to ascend with its mother and your mother is the goddess Gaia. This idea that humans can bring about the ascension is total illusion. Humans may aid the ascension through becoming focused in love, through integrating balance and harmony into their emotional and physical bodies into their mental bodies also and as the children become balanced they may pass on that harmony and balance to the earth mother.

You should understand that the earth mother is not sick. The earth mother is being murdered, the earth mother is being murdered by human beings, she has being murdered through pollution and poison through chemical and nuclear pollution. The water content of her body, the lakes, the sees the rivers have high concentration of substances that are poisonous, that are radioactive, this causes an imbalance within her body. Can you see the difference she is not being

sick. Being murdered. Many ones would say that it is time to clean out the earth. Understand that when mother earth ascends, all the poisons and nuclear radiation and the pollution will ascend as well. And understand that when the ascension process takes place all substances go back to their natural state.

All the pollution, heavy metals and radioactivity will all revert into a state which is harmless to the earth and her people. So how are we going to help mother earth facilitate her ascension process. Through spiritualisation, through the spiritualisation of her body and because your are her children through the spiritualisation of your bodies. How shall we facilitate the spiritualisation? we can facilitate it in a very easy and simple way. We can work with the energy of the Mahatma. You humans as each and any one of you open yourself to this Mahatma energy, it flows through you and out of you into the body of your mother earth and this energy that flows through you and into the body of mother earth will bring about the spiritualisation of her. Understand that mother earth has asked for this, this spiritualisation has not been forced upon her for she is living breathing being, she is living, breathing being that has chosen this, it is a conscious choice on her behalf it is not something that is being forced upon her by humans, I observe that many human beings as they go about their so called work, that is known to some as earth healing. that many of these beings are trying to
force their will upon the earth mother they are not working in accordance with divine will and the will of the goddess Gaia. This causes further imbalances, further energetic imbalances, you could liken it to someone coming up to a human being, putting them in a tight grip and saying you are sick and I will heal you. And forcing there will upon you. Those of you that would understand that working in accordance with the divine will is the only way must now be starting to understand the implication of this so called healing of mother earth in this forced way.

The Mahatma energy is very simple to use. It is very safe. It is very supportive and loving. For understand that the only true healing energy is love and this mahatma energy is pure unconditional love. It is love without conditions. You cannot use this energy to force anything. It only works in accordance with divine will for it is the energy of the I am of Source. It is important now that more and more human beings know about this energy. It is important now that more and more human beings work with this energy. And many of you think, what can I personally do, you could allow the energy of the Mahatma to flow through your heart, and I am sure you have heard this one before. It will speed your journey to freedom.

What is freedom. It is freedom of mind, it is freedom from fear, it is freedom to create your own reality for understand that the Avatar of synthesis is now present upon your planet and the syntheses that this spiritual being is bringing about is the forward movement into wholeness.
For those of you that do not know how to work with this energy I will tell you how easy it is. It is so easy that all you have to do is speak a few words.

"I affirm that I allow the Mahatma energy to flow through me in accordance with the will of my I am presence" What could be simpler. And I will tell you that for every human being that grounds this Mahatma energy we the beings that are working with it in the higher dimensions of reality will multiply this energy for you by ten, if you have ten people it is like working with hundred people, if you have hundred people it is like working with a thousand people, it doesn't take any human being long to think about the implication of this. Gather a group of ten thousand people and it is like a million people. And million people can ground a lot of energy. And this energy working in accordance with divine will can soon bring harmony and balance into the body of your mother. I will encourage each and everyone of you to make the Mahatma energy a priority in your lives. I will encourage you to work with it as if you life depended upon it. I will ask you not to work with it in panic or in fear for without the Mahatma energy you will not go through that transition that you know as death right now, but the transition will come.

And for many it will mean incarnation again upon mother earth or in some other place in time and space, material manifest in the 3/4D realities. So that you may continue to live out your fantasies, your fantasies of power and control you will be given the opportunity to carry on printing your money and building weapons. You will be given the opportunity for a small number of beings to have so much power that they control the food the water and the resources of that planet, and through that illusion of power and greed. Make peoples lives miserable and withhold food until such times as their glorious individual I am presence manage to communicate with them and inform of the energy of love. so now is the time to make the decision. I will open up my heart and love now; I will allow the energy of Mahatma to flow through my heart. I affirm I am now ready and willing to step into my own power and be free.

Stepping into my own power does not mean taking the power away from others it means that you aid others in their empowerment. The Mahatma energy is very, very transformative, it can bring about the spiritualization of matter very, very quickly, it can bring about the spiritualisation of your own life's first, just by using the mahatma energy in the

way that I have explained to you. It is hard for many humans to understand what real and true empowerment is through spiritualisation. At this stage I feel that I can only explain to you that it is a freedom of fear, a freedom of fear of lack, and a freedom of constriction anything else is very hard for you to grasp.

The next step of that empowerment of freedom is multidimensional freedom.

Multidimensional freedom what is multidimensional freedom? It is the freedom to travel, the freedom to experience the freedom to know that you are a multidimensional being that you are connected to the Source of all there is.

The Source of all Creation is wondrous beyond imagination. It would be impossible for you to imagine this glorious, wondrous state but my friends because you are of the Creator or you are of the Creator source you are also marvellous, wondrous beings. Sit and think for a moment would you like to be limited to experience through the senses of your physical body although please understand at this time that there is nothing wrong through experiencing through the senses of your physical bodies, you have them so that you can experience through them.

Spiritualisation is not a denial of the physical but can you imagine the marvellous experiences that you can have the wondrous knowledge of your true self if you have multidimensional freedom. If you have a direct connection with the Source of all Creation. You are wondrous beings. May of you have build around your self an illusion that is so powerful that you think it is real. You honestly and truthfully believe that you are not multidimensional.

You honestly and truthfully believe that it is not possible for you to experience multidimensionality and the only thing that exists is what you can perceive through your senses. Wake up. The time is now. The ascension is closer then many of you would even dream. The ascension for many is closer then your closest breath. When would that be? I would not say that it is in the next hour. I would not say it is in the next minute. I would maybe say it is not in the next year the time is illusion.

So it can be closer to you then your closest breath. Mahatma is love, allow this energy to flow through you, and the spiritualisation will naturally take place. You will not have to deny yourself there is no such thing as working hard, notice that I use this word of allow this energy of Mahatma to flow through you. You do not have to sit and meditate for weeks, for months for years. You can ground the mahatma energy in every situation in your life. You can be a physical manifestation walking upon this earth of this Mahatma if only you open yourself up and allow your selves to be that remember I told you about your glorious nature. sit and think for a few moments about your glorious nature. Tune into your own love your own light.

I leave you in LOVE and Mahatma, Brian

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Meditation at Stone Circle Ruins in Mpumalanga, South Africa, May 27, 2010, channeled by John Armitage

John feels this site existed long before 250,000 years ago. We've talked about white powder gold, Nefilim or Anunnaki from the planet Nibiru, and slavery of humanity. We should call this place Anunnaki's Calendar rather than Adam's Calendar. The Anunnaki were the first or one of the first gods from the sky in fiery chariots mentioned in Genesis who came to earth.

Before the Anunnaki/Nefilim arrived, we will look at how things were created within the universe. I won't go into why. The origin is pure energy, gas particles, and so on. If we want to make a planet solid, we must do something else. Once the vibration slows enough, we need to stabilize the manifestation of the planet. God wasn't working for six days and rest on Sunday and everything is done. One of the first things to do was to set up basic grid works on the planet. There were 12 original pyramids on this planet and not Giza which is more modern, like breakfast this morning in time period. Most of these pyramids are gone or in disrepair, but a few are left in China and other places if you know what you are looking for.

Next, we come to the expanded grid works. How do we hold the energies? Simple. We can build stone circles. In all stone circles of old, all the stones have high quartz content or are almost pure quartz. The whole grid work radiation is from a central point in Giza Plaza, and it's not Giza. All stone circles and single standing stones were created very early in our human history like 250 million years ago. Some were created later, but I am talking about the originals for the grid works. The present form of humanity was created by Yahweh from Orion. Christians think Yahweh is God,

but he's an excellent genetic engineer from Orion. So it comes back to the basics of what this journey is about.

We have traveled across Africa and Namibia, and put a lot of energy into visiting a number of places. Ultimately, this journey, which Afra asked us to make and which Afra said, in his original request, is for Africa first and the rest of the world as an effect. I remember doing the channeling in Minneapolis, USA. He never went into a huge amount of detail. It became perfectly obvious to me this was about slavery. I would say this site is one of the original early Lemurian sites which has been colonized onwards. Lots of lines are coming through here. As soon as I walk in here, I feel the Anunnaki energy and this is unusual. Anunnaki and Malduk were both talking to me. The Anunnaki said it was really good you decided to come to exactly the right place to do further clearing of the slavery. This has been an energetic theme throughout this trip. Slavery is programmed very strongly in the DNA. John feels first we should do activity with our own DNA. We should have in our DNA programming the information from the 12 stellar tribes, not the slavery information. We should integrate the DNA information of the 12 stellar tribes which will override the slavery codes. The Anunnaki and Yahweh want to talk to us through John. The Anunnaki head planetary slave master is Enki. Enki will talk to us now. This is the first time John has channeled him, but John has channeled the Anunnaki before.

Enki: Many of you have heard of us as a race, and many have within you programs which may make you reluctant or create some fear generated within your consciousness by our presence. It is true we have had many interactions with your race since the creation of it. And we had you created so we may use you as our slaves. We needed some labor upon this earth or workers. You know we were looking for gold. We didn't come here to create you, just to pass a lazy day. We were looking for gold so we could produce this substance you know as white power gold. Interesting things happened.

We took the white powder away to our world. We had a great idea to spread the white powder gold through our atmospheres. Remember, the white powder gold brings very profound changes in cellular structure, DNA molecular and subatomic structures. So actually you were created by Yahweh, and he gave in your DNA codes and programs all the information needed for full consciousness with 10 steps or pieces of the program deactivated. This was to keep you from gaining true knowledge of the nature of the universe, galaxy, and cosmic aspects of creation. Remember, in your history it says do not eat from the tree of knowledge. If you eat from the tree of knowledge, then you start to question. And once you question, you become useless as a slave.

Of course, other beings came along in your Bible, your history, represented as a snake. This snake is just the way the translators translated reptilian. Remember, many of the reptilian races within the universe are focused in Divine Love and divinity within the true self. So Adam and Eve were thrown out of the Garden of Eden. The rest were kept in slavery. The program of slavery continues to the present day. Many are thinking slavery was abolished hundreds of years ago. This is not correct. Our interactions with you now energetically and our telepathic communications are not based on the energy of slavery any longer. We have also realized as a race that, if we continue to disempower you, we continue to disempower ourselves. Our movement into the divinity of light and love is intrinsically linked with yours, so many of you know we are on our way back, and presently our planet is too far away for us to travel to you in the physical. But the time is coming for humanity.

So it is now time to eradicate these codes of slavery and the conditions of slavery under which most live. Now is the time to put aside these religious philosophies of slavery, for I will notify you now officially that we are the creators of these philosophies to keep you enslaved. Be good or you will go to hell. The condition has been here so long that people think it is real. Jesus died because you were bad. Jesus will come again and save everyone. Rubbish--figment of your imagination. Nevertheless, a clever plan which has worked. So I, Enki, encourage you to put it all aside and as you put it aside and start to actually see yourself for what you truly are, you will begin to program this information in the collective consciousness of humanity, and the truth will begin to dawn upon humanity. Just the same as humanity believes the programming in the consciousness now, you have upon your world a new day dawning. You talk about 2012 and these other occasions you have heard this channel speak about. Do not look into the future or past. Live in the blissfulness of now.

So with your permission and the permission from the I AM Presences and your personal Sources, your Monads, I am going to ask for the 12 stellar tribes to start to transmit their information codes to your DNA spirals/structures. I ask

now for a download. We also, with permission from the keepers of this site, ask to allow the energy to mingle itself with the energy of the quartz, and we activate the quartz to amplify the programs. Activate, activate, activate.

Now, I, Enki, will leave you. I give you one reminder: let's create the future in the now and you all know deep in your hearts and minds what this future is. It is a future of freedom. True freedom is freedom from fear and slavery, and a new dawn of the divine light and love, and compassion of the heart amongst all beings.

Next, Yahweh speaks. The being you think is God is speaking to you. I am not here to give you the 10 commandments. I am here to share my energy with you. You could say I am going to issue three requests instead of commandments. The requests are that you keep aware of what you are being asked to do. Keep aware, keep aware, keep aware in all your waking and sleeping hours. Don't be like the Christians and only do it on Sundays. There are seven days in each of your weeks in this period of time upon the earth; 24 hours in each of the days. So as you can see, there is plenty of time to keep your awareness and pay attention. Don't fall back into the program, "Oh, I know what I should be doing, but I am too busy". The time for excuses is past. And I say this on behalf of your true selves. It is not a commandment from me. Constantly, within your minds and mouths you say, "I want change". Ultimately, when the change stares you in the face, you decide to stay where you are. It is easier. For humans have become so programmed that the unknown is a challenge which many are afraid of facing, and personal responsibility for your place in creation is unknown to you. Most would rather deny their place in the co-creation of the planet as it is and the consciousness of humanity.

Remember, this prayer. Many call it the Lord's Prayer. "Our Father who art in heaven." Of course, you think they are talking to me. I must admit that sometimes it becomes rather boring listening to this. On Sunday, it's even worse. Why are they telling me all the time I am in heaven. I know exactly where I am. I would respectfully inform you that you are already in heaven. You have simply failed to notice, because you have been driven by this program of slavery. So I ask you to make some adjustments in your mind, and see that heaven is already manifest on earth. You can be part of it if you choose. It's a question of paying attention to heaven instead of to slavery and the slave masters. Think about the phrases you affirm every day. Simple ones like: "I am busy and do not have the time". Try changing it to: "I am busy in heaven". It's much better to be busy in heaven then to be busy in hell I would say. So you can see that everything is in your favor. Everything is here that is required to assist you into making the steps to manifest this heaven in your own minds and hearts. Even your original slave masters are saying: "Step out of it, step out of it. And take responsibility for yourselves."

"Give us this day our daily bread." I am a genetic engineer, not a baker. Create your own. The planet is an abundant place. The universe has provided everything. Once the program of slavery is over, then there is sharing, mutual respect, and the things that go along with that. Everything is here. It is just necessary to share. So my lecture to you is over. I have given you my perspective on your situation, even if you only remember one sentence, the sentence that would be useful to remember would be: "I am responsible".

So with this, shall we allow this energy of responsibility to flow into the grid works and through the earth keeper crystals of Africa and through the rest of the world. Afra will speak later on. Now, allow this energy of responsibility to flow into you, through you, and to the earth keeper crystals and away. My final sentence to you is: "Today is a nicely energetic day to make a solid decision to move on".

© John Armitage, May 27, 2010

IMPLANT REMOVAL MEDITATION & DNA activation.

[IMPLANT REMOVAL]: So, I Hari Das Melchizedek ask and demand the presence of the Ascended Masters, the Galactic Masters, the Galactic Councils, the Elohim, the DNA adjustment Brotherhood of Light teams, the angels and archangels.
I also ask for the presence of a Light Ship above this building, above our workshop space, to help in the transmutation

of the energies which we're going to remove during the course of this meditation.
So, now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head. This is where your higher chakras are. It doesn't matter that you don't know where they are, they ARE in the space above your head. So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love. [pause]
So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you.
You can also at this time focus on your higher heart chakra, which is just above your physical heart, and just feel the energy moving there, in that higher heart chakra, the thymus gland. It is only through this thymus gland that you do feel the Love. It is only through this thymus gland that you can actually experience true Unconditional Love. So, with each in-breath allow yourself to feel this Love. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.
So, now what I'm going to do is, I'm going to bring in the Team to remove these energies from your physical and spiritual bodies. So, in order to do this, I just demand that they leave. So now, I Hari Das Melchizedek ask at this moment on behalf of all human beings present,
the removal first of all twin souls—NOW! [pause]

Now, the removal of all androgynous beings—NOW! Out! Out! [pause]

Now, the removal of all ties to multi-dimensional, parallel universes, and all impediments and inhibitors that stop all ones here from realizing their God Selves. I remove all now. [pause]

Now I ask and demand the removal of all other energies, all other beings from the energy fields of the physical bodies of all present—NOW! [pause]

I also now remove all implants from the physical and the spiritual bodies—NOW! [pause]

Now I also remove all attachments, hooks, multidimensional wormholes, and all other binding energies from everybody's chakras and everybody's aura—NOW! [pause]

I now remove all these energies and entities, all previous vows of poverty, hurt, vows of struggle, resistance to Love, resistance to abundance, from the energy fields and everybody's chakric system—NOW! [pause]

I Hari Das also ask and command the removal of all impediments from everyone here, that inhibits their clairvoyance, their clairaudience, and their clairsentience. I ask and demand that everyone's channels and channeling abilities are activated—NOW! I ask that all one's helpers, guides, Masters, communicate with each as an individual. [3-4 minute pause]

So, now, I'd like you to just keep on breathing, and still, with your in-breaths, bring in this Love, bring in this Light until you have cleansed these energy fields and physical body. [pause]

I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work,
the Multidimensional Councils with which you all work (but maybe not, at this time, realize)—I ask and demand on the behalf of all of you that these clearances, are held steady, that you will not have a return of these energies and entities.

[Dna Activation and Expansion] : Now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head. This is where your higher chakras are. It doesn't matter that you don't know where they are, they ARE in the space above your head. So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love. …….

So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you.

You can also at this time focus on your higher heart chakra, which is just above your physical heart, and just feel the energy moving there, in that higher heart chakra, the thymus gland. It is only through this thymus gland that you do feel the Love. It is only through this thymus gland that you can actually experience true Unconditional Love. So, with each in-breath allow yourself to feel this Love. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

And I'd like you to now imagine yourselves as being a double-terminated crystal, that is, a crystal with a point on each end. The top point of this crystal is one hand's length above your head. The bottom point of this crystal is one hand's length below your feet. (It doesn't matter that you may be sitting, or lying, or standing.) So now this crystal is your crystalline Light Body.

With each of your in-breaths I would like you to see, feel, imagine, allow—for understand that seeing, feeling, imagining, allowing are not different from each other. Imagination is visualization. So, see, feel, visualize, allow this double-terminated crystal to become activated with the energy of Love. As you breathe in, see this crystal starting to pulsate with Light, see this crystal starting to pulsate with Love. And with each in-breath, see it building in energy. See, feel the Love, feel the Light pouring into you. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Now, see another double-terminated crystal (or, a crystal with a point on each end) going through this first crystal right where your heart chakra is, horizontally. See this new crystal, also, with your in-breaths, being energized with the energies of Unconditional Love and the energies of undifferentiated Light. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Just keep breathing, and allowing, seeing, imagining, visualizing…and again, as you breathe in, both these crystals are becoming energized with the energies of Unconditional Love and the energies of Light. Now let us see these crystals spin, turn—you choose which way you are going to spin these crystals. And again, we're going to work with breath. As you spin these crystals, every time you breathe in see the spin or the turning getting faster, and as the speed builds up,
see the crystals becoming further energized with the energies of Love, and the energies of Light.

So now, the crystals are spinning, spinning, spinning; turning, turning, turning—and becoming even more energized with the energies of Love, becoming more energized with the energies of Light. So now, as we spin these crystals, we didn't tell you that we're going inside our own bodies using this crystalline Light Body. We're going to shrink this crystalline Light Body until it is so small that you may pass through the wall of a single cell of your physical body. So now with each of your out-breaths, see, feel, imagine, allow yourselves to become smaller, smaller, smaller—shrinking, shrinking, shrinking—smaller, smaller, to the size of a pinhead, smaller to the size of a speck of dust. Now shrinking, shrinking, smaller than a speck of dust, down to the size of a bacteria, a virus, a microbe, and smaller—shrinking, shrinking, shrinking.

And now we ask you to go into one single cell of your physical body. Go through the wall of the cell. You are so small no damage will occur. And now, look around inside this cell, and see your crystalline DNA. How many strands of DNA do you have lit up? You may be able to see the DNA spiraling upwards and upwards, through your cellular structure, connecting with Mother/Father Source, with God—and spiraling downwards, connecting with the very heart crystal of the Goddess Gaia, planet Earth, your Earth Mother. Now, some of you may have more than two strands of DNA lit up, activated. If this is the case, don't worry. Just stay until we catch you up with the activation. Understand that these activations not only connect you with your Higher Self, your I AM Presence, but with Mother/Father Source, and the Goddess Gaia.

We're going to activate for you your DNA with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the Sacred Languages, the Key Codes from the Keys of Enoch, the

Mahatma energy, the Christ Light. So all we want you to do is to visualize, see, allow, imagine the DNA expanding, two-strand after two-strand, and becoming activated with these codes.

So, now see the first two strands of DNA—everybody has at least two strands lit—see this DNA spiraling upwards and upwards to the Source, and downwards into the heart of the Earth Mother. [pause] And now let us activate these two strands of DNA with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the fire Letters from the Sacred Languages, with the energy of Unconditional Love, the Mahatma energy, the Christ Light. See these strands further lighting up with this energy. See the crystal becoming programmed and activated.

And now expand this DNA by two more strands, and again see these strands spiraling upwards and upwards to Mother/Father Source, and downwards into the heart of the Goddess Gaia. And again, let us activate these further two strands of DNA, making four, with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, with the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy and the Christ Light. Trigger the Light—trigger the Light, the Light, the Light, the Light.

So now let us expand this DNA by another two strands, making six, and again see them spiraling onwards and upwards to Mother/Father Source and into the heart of the Earth Mother. Let us activate these further two strands with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ light.

Now see them expand by another two strands, making eight. And here again we do the same thing, connect upwards with Mother/Father Source, connect downwards with the heart of Mother Earth. And again activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, the Mahatma, the Christ Light.
See and feel the next two strands, making ten. And again, see these ten strands spiraling upwards and upwards to Mother/Father God, and spiraling downwards to the heart of the Earth Mother. And again we activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, energies of Unconditional Love, the Mahatma, the Christ Light. Trigger the Light, the Light, the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

So, now we go to another two strands, making twelve. And again, we activate by spiraling upwards and upwards to Mother/Father Source, and spiraling downwards to the heart of the Earth Mother. And again we activate the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, Unconditional Love, the Mahatma energy, the Christ Light.

So now, let us bundle, or gather these twelve strands of DNA into one bundle, pulsating with these codes and activations. And now, see, feel, allow imagine, visualize another bundle of twelve strands of DNA. And now let us integrate this further bundle of twelve strands of DNA with the twelve strands of DNA that have been activated. And as these strands of DNA merge with the activated strands, they as well become activated with these Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ Light.

Now there are twenty-four strands of DNA coded and active. Now let us again see another bundle of twelve strands of DNA, and let us merge these strands, this new bundle of twelve strands of DNA, with the twenty-four active strands. Just allow them to all become one bundle, and as they merge with the twenty-four active strands, they also become activated with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, Mahatma, and the Christ Light.

So now let us move from DNA. You can move through your own cellular structure, with your own miniaturized Light Body, until you come to your heart. Your physical heart that works for you without question. It doesn't say, "I don't love you, and so I will not do for you." As long as you love yourself, your heart loves you, and this heart pumps blood to every part of your body physical, to the furthest reaches of your physical body.

Your blood is living crystal, living liquid crystal. Now we're going to spiritualize your blood. Your blood is going to

become spiritual light. So now, as this blood is pumped through by your heart, let us code the crystalline nature of this liquid crystal, again with the same codes, the Divine Light Codes, the Sacred Geometry, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the codes of Unconditional Love, the Mahatma, and the Christ Light. We see and feel the liquid crystalline blood pulsing through your body, spiritualizing every part. You are, understand, becoming spiritual light. Trigger the Light—trigger the Light, the Light, the Light. Spiritual Light.

Now understand that the crystals that are, the vitamins, the minerals, the salts, the metals, that are within your body physical, let us reprogram with these spiritual codes, the Divine Light Codes, the Sacred Geometries, the Key codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

Trigger the Light—trigger the Light, the Light, the Light. See, feel, allow, imagine yourselves, visualize yourselves, each and every one of you, becoming spiritual Light. Because you ARE spiritual light. You are beings of Love, beings of Light. That is your natural state.

So now, let us code the water in the physical body—the water is also liquid living crystal. Let us program the water with these Living Light Codes, with the Key Codes from the Keys of Enoch, the Sacred Geometries, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

And now, let us program the whole of our cellular structure with these energies. I now ask and demand the removal of all fear from all these one's cellular structure, and the residues of the knowledge of disempowerment, the residues of the knowledge of being disconnected from the Source, Mother/Father, and not feeling Unconditional Love for yourselves. I now remove the codes that stop you from receiving ABUNDANCE on all levels. I now remove the codes that stop you from shining bright, and giving Love without fear in your hearts. I recode your cellular structure with the geometries of Light, and the geometries of Love. Understand that that's what you are—Love.

So now I also activate and clear with the energies of Love and Light the dense organs of your physical body, your liver, your kidneys, your spleen—I remove all fear from these organs, and activate within them the Sacred Geometries of Light, the Living Light Spiritual Mandalas, which will allow you to be the gods that you really are. [pause]

Now I will ask you to leave your bodies through any way that you wish. You may come out through the wall of a single cell, you may come out through your eye, your mouth, your nose, your ears—any way that you would like. I would like you to exit your bodies—NOW!

And then, with the in-breaths, let us make this Light Body bigger, until it again integrates with our body physical. So, with each in-breath you become bigger, bigger, bigger, and bigger, bigger, bigger—integrating this Light Body with your physical body NOW after it is returned to normal size.

I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work,
the Multidimensional Councils with which you all work (but maybe not, at this time, realize)—I ask and demand on the behalf of all of you that these activations are held steady.

So now, I ask that, again with your in-breaths, that you move your bodies around a little bit, that you move your heads, that you move your fingers and toes, maybe shrug your shoulders—but don't move too quickly, because if you do maybe some disorientation will take place, or you might feel that you're not all here. So just move slowly around, and integrate your consciousness, and we'll give you some time for this integration to take place.

Lastly understand that we live to die and die to live. You can take as many lives as you like, take the left hand path, take the right hand path and decide that the middle way is the harmony. The choice is yours. Nobody is being pushed. That's the last thing about it. "Take a life! Take a holiday!" (Super Tramp) It's easy.

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Don't forget life is not a dress rehearsal.
LOVE is the answer to fear.
Don't give your power away to anything or anybody.

RE-PROGRAMMING DNA (Baba—Crystal Workshop, Bordeaux 2002)

DNA is crystalline. RNA and DNA hold the codes for the form of our physical body and our consciousness. Some have a hard time understanding how DNA relates to consciousness.' People continually underestimate the importance of the sequences of codes in our DNA structure. There was a question: "Could we be born with programs in our crystalline nature not really conducive to our forward movement into wholeness?" And you remember my reply was "Yes". Now you have to first of all understand there are no such things as victims in creation, and that all of us, not only on this Earth but every being that is alive somewhere in any dimensional reality, in any universe, any planetary system, is on a journey. You have to understand that about these beings who have tinkered with our DNA. We often make judgements about them, calling them bad, negative or whatever—but they have also been created by Mother/Father God and are also part of the adventure of consciousness moving to wholeness. Their part in the cosmic plan is to keep pushing others to become more determined to find freedom through unconditional love. Some people say that their agendas are outside of the cosmic plan, but I don't see it like that. They just keep pushing us and pushing us, until we have the realization to stand in our own power, until we say: "Well, I'm not going to take anymore." They have worked as well on what people may call our disempowerment in so many different ways.

It is very true that many human beings hold sequences of information, or codes which contain information, which limit consciousness. These codes are contained in our DNA. You may start to realize how important it is to actually reprogram our DNA. Understand that many human beings only have 2 to 4 strands of DNA active, and there may also be limitations in the programming. There is information missing which triggers consciousness. Now if you think you have 2 strands of DNA active, you are operating into multidimensional realities. But let's focus on 3D for the moment. In fact, your awareness is not very high. If you have 2 strands of DNA active you probably use 6% of your brainpower, maybe 8% maximum. What about the other 92% or 94%? This helps you to understand your potential, so you understand that if you activate more strands of DNA with correct program sequences, your consciousness or your awareness goes out, out…. You start to realize your connection with the whole of creation.

So how do you reprogram DNA? It is the same way that you program any other crystal. But you need to program with the correct information. You have to understand that our DNA programming is linked to sound and form. Remember that the Bible says in the beginning there was the word and word was… In the Rig Veda, the oldest known Hindu scripture, it is said "In the beginning there was the Word, and the word was OM." All sound contains form. These forms are what we call sacred geometry. All the activation codes for total consciousness are contained in languages. These languages known as sacred languages are the ancient forms of Hebrew, Chinese, Tibetan, Egyptian and Sanskrit. This is why we work with the letters of the sacred languages. You have also to understand that the letters of the sacred languages have been corrupted along the way. When they were really corrupted was during Babylonian times. With the corruption of the languages was brought about a limitation in the expansion of consciousness. [In English we translate this word Babylon: we split it into two words and we say, "Babble On".J] Through the corruption of languages we experienced another limitation of consciousness and in the coding of our DNA. One of the things that we can do is, through the correct programming of our physical and etherical DNA, to rapidly give us access to expanded reality. If we say higher levels of consciousness that doesn't mean superior in some way, or that it is more holy or something like that. We mean higher vibration. It is better to use the words expanded consciousness rather than higher consciousness.

DNA is not only in the physical body; it goes also through all your multidimensional bodies, through your I Am Presence, through the Central Sun to the Source of creation, what we know as Mother/Father God. It also goes down into the heart of Mother Earth. With correct activation, it gives us access to all that is. It doesn't take a lot of working out, it means you experience enlightenment.

There is a simple way of explaining DNA programs and codes. If you are a computer user you understand that if you want to do a certain task with the computer you need to load a program, which relates to that task and if you don't have the program you can't do it. You can have the most fabulous computer ever built in the world; if you don't have

the operating program in it you can do nothing. It is exactly the same with the DNA.

How do we do this? There are very few people upon this planet that have a pure DNA, for the simple reason that there has been so much interbreeding. Of course, at this time in our history, governments prefer to keep the existence of extra-terrestrials away from the people. Through conditioning in their conscious minds, a lot of people find the concept difficult that over millions of years on planet Earth humans have interbred with other races, from other places, from other star systems, from other planets, etc. The result of this is that people don't hold pure human DNA, and they have a harder job to realize their true potential as human beings. Notice I said limits the potential; I didn't say cancels human potential.

There are three types of beings in creation: human, reptilian and insectoid. Humans were created to realize a certain potential and reptilians created with a certain potential, same for insectoid. But the way we realize those potentials are actually different, so the journey, the path, is different. If we have DNA coding, say from another humanoid race, who were created to take a different journey home, what it does is that it holds back. Ultimately you have to realize that all beings in creation have the same goal, but the ways it is achieved are different. At this moment, the way I see it is that the reason why Mother/Father God created us is to experiment through the creation, and that is why creation is so diverse. So we have certain choices known as free will. In fact, what this free will means is that we can take the straight-through express to empowerment and unconditional love, or we can take the scenic route. Originally the plan for humans was to use the express, but the pushing by the others has created blockages in our consciousness. Of course people who are into victim consciousness see that as victim disempowerment. When you take the scenic route, you have the choice of stopping often here and there and everywhere, doing whatever you want to do. If the train stops often, you can have adventures and all the rest of it. You've got the opportunity to create your own agenda. But when the express goes straight through, you don't have that opportunity—the express company did it for you. Others create their own agenda on the scenic route, so some beings look at Earth as a choice real estate, and they use people there as they would horses, like animals working for them. They consider humans as eventual slaves. It is like a diversion for us on the scenic route.

Remember, you don't live once, you live to die and die to live. Most humans have difficulty with that one because they interact so actively with the illusion in 3D through their emotional bodies that don't want to leave. "I don't want to die!". These days if you live for a hundred years you consider that you had a long life. I can remember this planet when we would live 4 or 5 thousands years and you could have a lot of adventures during that time. But we actually understood that we were adventurers in consciousness, and we realized that after all that long time we wouldn't mind going through the ascension process. Holiday from this place, gone! These days you hear so many people that hate to be on Earth but still don't want to die. Humans are crazy or what?

These beings who have the agenda: "OK, earth seems to be a nice place, I think we'll take it over, there are a lot of humans that can work for us, we can make them all our slaves. But wait a minute, they have the potential to realize they are gods and goddesses any time and if that happens they won't be our slaves anymore. Never mind, we'll change some of their codes in their DNA then they wouldn't know anything." Another method of controlling us has been to shift the magnetic field of the planet, so that our technologies, and our memories, no longer function.

You have to realize that there are no victims; there are only adventurers in creation.

Programming is the easiest thing in the world. First of all you need to understand is that it all has to do with intent. With crystals, you take one in your hands and allow the energy to interact with you in any way. As you interact with the energy of the crystal, what I'm going to do is to just increase the amount of energy that the crystals are working with. Now I am going to deprogram all these crystals and I just want you to keep in tune with their energies. I formulate the intent in my mind: "You will be deprogrammed" and I pass this to the crystals. Now I am going to reprogram the crystals with a series of commands or intent. The first is: "You will channel the seed blue print for creation, the flower of life." Then, "You will channel Christ consciousness." "You will channel the energy of unconditional love; you will channel the Mahatma energy. You will be self-cleansing. You'll work when I say work and you'll stop when I say stop." With my work in crystals nobody can change the program except me and with others' crystals nobody can change the program except the keeper. I transfer that intent into the crystals. Programmed! Now work!

You can also add to your crystals any other programs that you may wish including the usual channelling the divine white light and doing work according to the Divine Will.

You can also program them to bring in the cosmic fire letters from the sacred languages. You could also program them to remove the disempowering sequences of your DNA. And to activate in accordance with the Divine Will your axitonal lines. I'm going to put these programs into the crystals now. Just keep your awareness there. May be you'll feel a few changes in the energies. There is no competition here so don't worry. I put the program into the crystals now.

Bring back your awareness into the 3D focus. That's the simplicity of the programming. DNA, for example, needs more specific programming and deprogramming but it's the same concept.

What are axitonal lines? They are lines that are in the body which are not meridian lines. They are not pathways of the nervous system. They are not of the blood circulation system. They are energetic lines and they are actually running straight down through the body. They connect you with the axitonal lines of Mother Earth. If you think of axes, it aligns you directly with the same lines in Mother Earth; so therefore you have a very specific connection.

Bringing these axitonal lines into alignment is actually part of our journey to enlightenment. 99% of humans have seals in their axitonal lines, in the lines running on the left side of the body. These blockages are so powerful in your system that usual ways of clearing blockages don't work to release these seals. We have had them for millions of years. It is a part of the dis-empowerment plan. In some ways, the good news is that I have been given the information on how to clear these codes by using a series of sounds that we call "veca codes". With these codes we can bring the sequences in our DNA code back to integrity as well, because both are linked to limitations of consciousness. During the ten years that I have worked with DNA programming and reprogramming, it's very unusual for people to really understand or to integrate the importance of our DNA coding. If you don't work with your DNA coding you will never reach enlightenment. You can't tune a radio to high frequencies if it's not able to receive them. It is as simple as that.

Now we have these sounds. All sounds contain information. It's like the last CD I made. We coded the music in association with the energies of the 12 chakras [Mahatma!—see below]. I have seen 3500 people grooving to the music, and it's amazing what happened. Each sound has coded information. I projected laser tetrahedrons lights into the auras as they danced. Lots of fun!

I realized also a number of years ago that these axitonal lines connect with the lines of Mother Earth, but they have also an aspect which involves all the galaxitonal lines. You can align with the Central Sun. Personally I really feel that it is important now that we do have these clearances of these seals and this activation of those axitonal lines, and have alignments with them, because we won't reach final levels of consciousness without that.

People look for this ascension and this enlightenment and this pushing in genetic codes and DNA says it is possible. It is possible but you have to be on the planet first. That's why you are here. That's why you can't force your ascension process. The only time when you can ascend is when you have been on the planet. It's essential to learn to be here now. That's why so-called spirituality is not about control and repression. Spirituality is about integrating your self on this planet and integrating yourself with everything here. It is not repression. It is not punishing you, limiting yourself for so-called spirituality is control.

We'll work briefly with some sounds and DNA. These sounds remove seals and blocking sequences codes from your DNA. Now you close your eyes and take some deep breaths. Just see or feel yourself as a double-terminated crystal. The top point of the crystal is hand length above your head and the bottom will be hand length below your feet. We'll do a very simple visualisation. Just see if you can your DNA spirals rising up to Mother/Father God and down into the heart of Mother Earth. I'm calling my cosmic reprogramming team and I ask my team to work with each individual, with each and every one of you to start to just remove some of these blocking series of sequences in the codes. I ask for that now.

You don't have to do anything, relax completely.

I'm going to chant the names of these sacred languages as we activate the codes: Hebrew… Egyptian…Chinese… Sanskrit…Tibetan. This brings the cosmic codes in accordance with divine will into your crystalline light.

Now we are all going to chant some sounds. I will chant the sounds first and then you all chant the sounds afterwards, not from your throat but right from your diaphragm.

Kee Sha Ra Mo A Va Ah Sha Shar Daza Shee Ma

Axitonal alignment. Galaxitonal alignment. We bring that to you.

With your breaths, come back to the awareness of your body.

DNA Language [From: Verhenneman Hélène; Sent: Thursday, November 27, 2003]
http://www.fosar-bludorf.com

The human DNA is a biological Internet and superior in many aspects to the artificial one. The latest Russian scientific research directly or indirectly explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self healing, affirmation techniques, unusual light-auras around people (namely spiritual masters), mind's influence on weather-patterns and much more. In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes.

Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA". The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore those 90% of "junk DNA". Their results, findings and conclusions are simply revolutionary!

According to them, our DNA is not only responsible for the construction of our body, but also serves as data storage and in communication. The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar. They found that the alkalines of our DNA follow a regular grammar and do have set rules just like our languages. So human languages did not appear coincidentally but are a reflection of our inherent DNA.

The Russian biophysicist and molecular biologist Pjotr Garjajev and his colleagues also explored the vibrational behaviour of the DNA. [For the sake of brevity I will give only a summary here. For further exploration please refer to the appendix at the end of this article.] The bottom line was: "Living chromosomes function just like solitonic-holographic computers using the endogenous DNA laser radiation." This means that they managed for example to modulate certain frequency patterns onto a laser ray and with it influenced the DNA frequency and thus the genetic information itself. Since the basic structure of DNA-alkaline pairs and of language (as explained earlier) are of the same structure, no DNA decoding is necessary. One can simply use words and sentences of the human language! This, too, was experimentally proven! Living DNA substance (in living tissue, not in vitro) will always react to language-modulated laser rays and even to radio waves, if the proper frequencies are being used. This finally and scientifically explains why affirmations, autogenous training, hypnosis and the like can have such strong effects on humans and their bodies. It is entirely normal and natural for our DNA to react to language. While western researchers cut single genes from the DNA strands and insert them elsewhere, the Russians enthusiastically worked on devices that can influence the cellular metabolism through suitable modulated radio and light frequencies and thus repair genetic defects.

Garjajev's research group succeeded in proving that with this method chromosomes damaged by x-rays for example can be repaired. They even captured information patterns of a particular DNA and transmitted it onto another, thus

reprogramming cells to another genome. So they successfully transformed, for example, frog embryos to salamander embryos simply by transmitting the DNA information patterns! This way the entire information was transmitted without any of the side effects or disharmonies encountered when cutting out and re-introducing single genes from the DNA. This represents an unbelievable, world-transforming revolution and sensation! All this by simply applying vibration and language instead of the archaic cutting-out procedure! This experiment points to the immense power of wave genetics, which obviously has a greater influence on the formation of organisms than the biochemical processes of alkaline sequences. Esoteric and spiritual teachers have known for ages that our body is programmable by language, words and thought. This has now been scientifically proven and explained. Of course the frequency has to be correct. And this is why not everybody is equally successful or can do it with always the same strength. The individual person must work on the inner processes and maturity in order to establish a conscious communication with the DNA. The Russian
researchers work on a method that is not dependent on these factors but will ALWAYS work, provided one uses the correct frequency.

But the higher developed an individual's consciousness is, the less need is there for any type of device! One can achieve these results by oneself, and science will finally stop laughing at such ideas and will confirm and explain the results. And it doesn't end there. The Russian scientists also found out that our DNA can cause disturbing patterns in the vacuum, thus producing magnetized wormholes! Wormholes are the microscopic equivalents of the so-called Einstein-Rosen bridges in the vicinity of black holes (left by burned-out stars). These are tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time. The DNA attracts these bits of information and passes them on to our consciousness. This process of hypercommunication is most effective in a state of relaxation. Stress, worries or a hyperactive intellect prevent successful hypercommunication or the information will be totally distorted and useless. In nature hypercommunication has been successfully applied for millions of years. The organized flow of life in insect states proves this dramatically.

Modern man knows it only on a much more subtle level, as "intuition". But we, too, can regain full use of it. An example from Nature: When a queen ant is spatially separated from her colony, building still continues fervently and according to plan. If the queen is killed, however, all work in the colony stops. No ant knows what to do. Apparently the queen sends the "building plans" also from far away via the group consciousness of her subjects. She can be as far away as she wants, as long as she is alive. In man hypercommunication is most often encountered when one suddenly gains access to information that is outside one's knowledge base. Such hypercommunication is then experienced as inspiration or intuition. The Italian composer Giuseppe Tartini for instance dreamt one night that a devil sat at his bedside
playing the violin. The next morning Tartini was able to note down the piece exactly from memory, he called it the Devil's Trill Sonata. For years, a 42-year old male nurse dreamt of a situation in which he was hooked up to a kind of knowledge CD-ROM. Verifiable knowledge from all imaginable fields was then transmitted to him that he was able to recall in the morning. There was such a flood of information that it seemed a whole encyclopaedia was transmitted at night. The majority of facts were outside his personal knowledge base and reached technical details about which he knew absolutely nothing.

When hypercommunication occurs, one can observe in the DNA as well as in the human being special phenomena. The Russian scientists irradiated DNA samples with laser light. On screen a typical wave pattern was formed. When they removed the DNA sample, the wave pattern did not disappear, it remained. Many control experiments showed that the pattern still came from the removed sample, whose energy field apparently remained by itself. This effect is now called phantom DNA effect. It is surmised that energy from outside of space and time still flows through the activated wormholes after the DNA was removed. The side effect encountered most often in hypercommunication also in human beings are inexplicable electromagnetic fields in the vicinity of the persons concerned. Electronic devices like CD players and the like can be irritated and cease to function for hours. When the electromagnetic field slowly dissipates, the devices function normally again. Many healers and psychics know this effect from their work. The better the atmosphere and the energy, the more frustrating it is that the recording device stops functioning and recording exactly at that moment. And repeated switching on and off after the session does not restore function yet, but next morning all is back to normal. Perhaps this is reassuring to read for many, as it has nothing to do with them being technically inept, it means they are good at hypercommunication.

In their book Vernetzte Intelligenz (Networked Intelligence), Grazyna Gosar and Franz Bludorf explain these connections precisely and clearly. The authors also quote sources presuming that in earlier times humanity had been, just like the animals, very strongly connected to the group consciousness and acted as a group. To develop and experience individuality we humans however had to forget hypercommunication almost completely. Now that we are fairly stable in our individual consciousness, we can create a new form of group consciousness, namely one, in which we attain access to all information via our DNA, without being forced or remotely controlled about what to do with that information. We now know that just as on the internet our DNA can feed its proper data into the network, can call up data from the network and can establish contact with other participants in the network. Remote healing, telepathy or "remote sensing" about the state of relatives etc. can thus be explained. Some animals know also from afar when their owners plan to return home. That can be freshly interpreted and explained via the concepts of group consciousness and hypercommunication.

Any collective consciousness cannot be sensibly used over any period of time without a distinctive individuality. Otherwise we would revert to a primitive herd instinct that is easily manipulated. Hypercommunication in the new millennium means something quite different: Researchers think that if humans with full individuality would regain group consciousness, they would have a god-like power to create, alter and shape things on Earth! [I am overjoyed. Finally orders from the Universe are scientifically explained!!!] AND humanity is collectively moving toward such a group consciousness of the new kind. Fifty percent of today's children will be problem children as soon as the go to school. The system lumps everyone together and demands adjustment. But the individuality of today's children is so strong that that they refuse this adjustment and giving up their idiosyncrasies in the most diverse ways. At the same time more and more clairvoyant children are born [see the book Chinas Indigo Children by Paul Dong or the chapter about Indigos in my book Nutze die taeglichen Wunder (Make Use of the Daily Wonders)]. Something in those children is striving more and more toward s the group consciousness of the new kind, and it will no longer be suppressed. As a rule, weather for example is rather difficult to influence by a single individual. But it may be influenced by a group consciousness (nothing new to some tribes doing it in their rain dances). Weather is strongly influenced by Earth resonance frequencies, the so-called Schumann frequencies. But those same frequencies are also produced in our brains, and when many people synchronise their thinking, or individuals (spiritual masters, for instance) focus their thoughts in a laser-like fashion, then it is scientifically speaking not at all surprising if they can thus influence weather.

Researchers in group consciousness have formulated the theory of Type I civilisations. A humanity that developed a group consciousness of the new kind would have neither environmental problems nor scarcity of energy. For if it were to use its mental power as a unified civilisation, it would have control of the energies of its home planet as a natural consequence. And that includes all natural catastrophes!!! A theoretical Type II civilisation would even be able to control all energies of their home galaxy. In my book Nutze die taeglichen Wunder I have described an example of this: Whenever a great many people focus their attention or consciousness on something similar like Christmas time, football world championship or the funeral of Lady Diana in England then certain random number generators in computers start to deliver ordered numbers instead of the random ones. An ordered group consciousness creates order in its whole surroundings!!!

When a great number of people get together very closely, potentials of violence also dissolve. It looks as if here, too, a kind of humanitarian consciousness of all humanity is created. At the Love Parade, for example, where every year about one million of young people congregate, there has never been any brutal riots as they occur for instance at sports events. The name of the event alone is not seen as the cause here. The result of an analysis indicated rather that the number of people was TOO GREAT to allow a tipping over to violence. To come back to the DNA: It apparently is also an organic superconductor that can work at normal body temperature. Artificial superconductors require extremely low temperatures of between 200 and 140°C to function. As one recently learned, all superconductors are able to store light and thus information. This is a further explanation of how the DNA can store information. There is another phenomenon linked to DNA and wormholes.

Normally, these supersmall wormholes are highly unstable and are maintained only for the tiniest fractions of a second. Under certain conditions (read about it in the Fosar/Bludorf book above) stable wormholes can organise themselves which then form distinctive vacuum domains in which for example gravity can transform into electricity.

Vacuum domains are self-radiant balls of ionised gas that contain considerable amounts of energy. There are regions in Russia where such radiant balls appear very often. Following the ensuing confusion the Russians started massive research programs leading finally to some of the discoveries mentions above. Many people know vacuum domains as shiny balls in the sky. The attentive look at them in wonder and ask themselves, what they could be. I thought once: "Hello up there. If you happen to be a UFO, fly in a triangle." And suddenly, the light balls moved in a triangle. Or they shot across the sky like ice hockey pucks. They accelerated from zero to crazy speeds while sliding gently across the sky.

One is left gawking and I have, as many others, too, thought them to be UFOs. Friendly ones, apparently, as they flew in triangles just to please me. Now the Russians found in the regions, where vacuum domains appear often that sometimes fly as balls of light from the ground upwards into the sky, that these balls can be guided by thought. One has found out since that vacuum domains emit waves of low frequency as they are also produced in our brains. And because of this similarity of waves they are able to react to our thoughts. To run excitedly into one that is on ground level might not be such a great idea, because those balls of light can contain immense energies and are able to mutate our genes.

They can, they don't necessarily have to, one has to say. For many spiritual teachers also produce such visible balls or columns of light in deep meditation or during energy work which trigger decidedly pleasant feelings and do not cause any harm. Apparently this is also dependent on some inner order and on the quality and provenance of the vacuum domain. There are some spiritual teachers (the young Englishman Ananda, for example) with whom nothing is seen at first, but when one tries to take a photograph while they sit and speak or meditate in hypercommunication, one gets only a picture of a white cloud on a chair.

In some Earth healing projects such light effects also appear on photographs. Simply put, these phenomena have to do with gravity and anti-gravity forces that are also exactly described in the book and with ever more stable wormholes and hypercommunication and thus with energies from outside our time and space structure. Earlier generations that got in contact with such hypercommunication experiences and visible vacuum domains were convinced that an angel had appeared before them. And we cannot be too sure to what forms of consciousness we can get access when using hypercommunication.

Not having scientific proof for their actual existence (people having had such experiences do NOT all suffer from hallucinations) does not mean that there is no metaphysical background to it. We have simply made another giant step towards understanding our reality. Official science also knows of gravity anomalies on Earth (that contribute to the formation of vacuum domains), but only of ones of below one percent. But recently gravity anomalies have been found of between three and four percent. One of these places is Rocca di Papa, south of Rome (exact location in the book Vernetzte Intelligenz plus several others). Round objects of all kinds, from balls to full buses, roll uphill. But the stretch in Rocca di Papa is rather short, and defying logic sceptics still flee to the theory of optical illusion (which it cannot be due to
several features of the location).

All of the above information is from the book ""Vernetzte Intelligenz" von Grazyna Fosar und Franz Bludorf ISBN 3930243237, summarized and commented by Baerbel. The book is unfortunately only available in German so far. You can reach the authors here: http://www.fosar-bludorf.com

The MAHATMA Energy—Unconditional Love

At the core of Shamballa we find the Mahatma energy of Unconditional Love straight from Source. Once you have been attuned to this energy, you can call it in just as simply as Shamballa. Just say, I AM that I AM, the Mahatma in Love. I find myself bringing this energy through me as I am walking down the street, driving, just doing my daily life. It grounds me in the Love, reminds me why I am here, helps me to spread the Love around.

I include here two versions of meditations to bring in the Mahatma energy, both channeled from Vywamus (one

through Brian Grattan, the other through Hari Babba). Vywamus is an incredibly loving energy who says we can consider him a cosmic aspect of Sanat Kumara, who is the soul aspect of Lady Gaia, our planet earth. Vywamus has channeled many books through various people, notably Janet McClure of The Tibetan Foundation (see Resources at the end of this manual). When I just pick up a book of his, I immediately feel surrounded and permeated by a beautiful powerful yet gentle love and acceptance.

At the Mt. Shasta intensive in 1998, where I first encountered Shamballa and Vywamus, he introduced the Mahatma energy as that of a very personal pure Unconditional Love straight from Source. Yes, he says, the whole of creation is held together by unconditional love, it is here and has always been here. But this Mahatma energy is a higher vibration of Unconditional Love than has ever before been able to be grounded on this planet. The spiritual beings who oversee the evolution of our planet attempted to ground this energy during Atlantean times, but were unable to, due to the lack of development of humanity's emotional bodies at that time.

Just a bit of history here. At the Harmonic Convergence (August 16-17, 1987), according to Vywamus, Sanat Kumara (our planetary logos) fully integrated his etheric body with the etheric body of the Goddess Gaia, Mother Earth. This integration of Sanat Kumara energies into the body of Mother Earth started to bring about an accelerated rate of conscousness changes. The focus of millions of people on the Harmonic Convergence created a lens, or vortec, through which Sanat Kumara could bring his energy. Vywamus says, A number of us—myself Vywamus, Djwhal Khul. Quan Yin, and others for whom you would have no reference—decided that the Mahatma energy would be grounded also through the lens of this vortex. We decided to call this the Mahatma energy, because humans have a need to know what things are. So we decided to give you a very easy way to call in this energy. The word Mahatma, the vibration of the word (which already meant 'great soul' or beloved father-figure in Indian languages) is attached to the energy of pure Unconditional Love that was grounded on earth at that time.

The Mahatma energy is pure unconditional Love which flows from the I Am Presence of Mother/Father Source, the creator. We are talking of Mother/Father/Source of this aspect of creation in which you live and experience. There is more than one Mother/Father/Source, there is more than one aspect of Mother/Father Source. …So for the first time, in 1987, we grounded the energy of the I Am Presence—the personal aspect of Mother/Father/God, the female balance of Unconditional Love, into planet Earth.

He continues to say that no one on earth has any prior experiences with this Mahatma energy. Other energies around on the planet have sometimes been used or manipulated in harmful ways, but this energy is pure and uncontaminated. It cannot be used in any harmful or disempowering way. It is gentle. It comes through your own I Am Presence, who knows exactly how much and to what degree any energy is right for you. In the meditation we ask our I Am Presences for permission to bring in this energy; yours will probably respond, yes, and reassure you that it will filter and adjust the energy so that it comes through you in a very balanced way.

This Mahatma energy comes in through the Higher Heart Chakra, or Thymus gland. Vywamus tells us that the Thymus is the true Heart Chakra. Humans have been tricked into believing that the heart chakra is where the physical heart is, and through storing and feeling emotion, feeling pain, feeling confusion and holding it in your heart space, you have become constrained, not able to experience the true joy and the true magnitude of what unconditional love really is. Deep in the human psyche, humans have an idea that love is painful. Have you seen Valentine's cards, with hearts bleeding? Ha! Is that supposed to make you happy? Ha! What craziness humans get themselves involved in! Bleeding hearts mean not very good times, emotionally. Bleeding hearts do not mean that you are focused in love. Also through this idea that love and things around love are to do with the physical heart, you have placed terrific strains on your physical hearts. Again, you have heard the words, "My heart is aching…I feel separation from my loved one and my heart aches." Where unconditional love is there is no separation. There may be separation in the physical, but really no true separation, because where unconditional love is it is impossible to have separation. When you feel separation from your loved ones, make the affirmation "I Am that I Am, the Mahatma in Love," and you will feel drawn together, your consciousnesses and your energy fields, in pure unconditional love.

The Mahatma speaks

I AM that I AM. I AM the Mahatma. The Mahatma, the energy of freedom, the energy of Love, the energy of

transformation. This transformation means that it is now possible to create your own reality. A reality of Love, a reality of harmony. Mahatma can transmute the energies of oppression into the energies of Love and freedom. Love and freedom are yours as a birthright.

Your birthright is wholeness. Wholeness is Love. It is unconditional and compassionate. Be first compassionate to yourself. Realize that working on yourself is the first job, the first task which must be tirelessly worked on until the transformation to Love takes place. When you have achieved Love and compassion for yourselves, co-create the reality of Love.

Let's work on co-creating the energy of Love. The Mahatma is Love. Allow this Love to flow through your heart and speed your journey to freedom, your journey to mastery. Mastery over the elements, mastery over the Self and mastery over the reality on Earth. Let's create a reality of Love. A reality in which Love is the only thing. It is unconditional. It is flowing from the I AM Presence of the Mahatma. Invite Mahatma into your life.

Mahatma is the blended energies of the Source. This Source is a never ending generator of Love which is unconditional. Open up your hearts and allow this Love to flow into it. Through this Love you will achieve mastery over your own reality. Create your own reality of Love. Create your own reality of freedom. I Am the Mahatma. I Am that I Am. I AM Light. I AM Love. Allow the chalice in your hearts to overflow with the silver and gold energy that is Mahatma. Absorb this energy into the very core of your being. Now see this energy, feel it in every atom of your body. Feel your body turn to Light. Know the Light, see the Light, feel the Light, BE the Light.

This Light is the energy of Mahatma. Mahatma is not the road to freedom, Mahatma IS freedom. The rider on the white horse, the avatar of synthesis. The avatar of synthesis is present upon the planet. Effects are set into movement which will bring about changes in reality. These energies will bring about changes in reality which have never been known upon your planet. The energy of Mahatma will transform. It will activate the Christ Consciousness in all beings. All beings will become Light, and by this Light and with this Light, you will be able to traverse many, many areas of vibration, numerous dimensions of experience.

Not like staying in the death state. It will be an adventure into Light. It will be an adventure into Love. The Source IS. Love IS.

We say to you time is short. Now is the time to take the first step on this journey, this journey of transformation. This journey that will culminate in merging with the Mahatma, the I AM Presence of Mother/Father God. Know that you are from the Source, that you are part and parcel of the Creator. That you are an individual spark of the Creator's essence. This essence is compassion and unconditional Love. This energy is the driving force, the welding force, the cohesive energy with which the whole of creation is kept together. This unconditional Love flows through everything. It IS everything. There is nothing apart from it except the things that want to be apart. But know that if you want to become a part of it, just open your heart and allow the compassion and Love to flow through you. This energy is a direct outpouring from the Source, Mahatma, the I AM Presence of the Source, the source of energy which is going to free mankind. Free them from the fetters of their consciousness. Allow them to expand into Love, allow them to expand into Light. This Light will be seen through many universes, and it will spread throughout the 352 levels back to Godhead. Angels and Archangels will join in the celebration as the Light of humanity spreads with Love back to the Source.

Mahatma. Transform, recycle the energies of control, the energies of fear and oppression, by channeling it through your heart chakras. Allow the energy of Mahatma to flow through your hearts, and these energies will become Light, will become Love. The fetters of oppression are about to fall, and we shall walk into the Light.

The Archangels and the angels shall be the torch bearers. They will lead those souls that are brave enough to stamp down their own systems of control. Let go of your conditioning, let go of your fear, and know that a new age dawns. Know that Mahatma, Merlin, Arthur, Wotana, Kuthumi will lead us to victory. This victory is assured. Because there is Light, darkness cannot exist. Where the Light shines bright there are no shadows. There's no grayness, there's no oppression and misery. All there is, is freedom. Freedom! Use this freedom wisely. Know that you are a co-creator, so use this freedom to create the Light, to fuel the Light until it becomes pure unconditional Love. You will see that

your systems are crumbling. You will see that your cities are falling into disrepair. These are the signs that proceed major changes, both in the systems of oppression and also in the systems that create freedom. Know that it will fall. Know that it will crumble and it will be replaced with a civilization of beings that have transmuted into Light, that have transmuted into Love, and have no use for oppression, no use for the energies of fear. Go forwards into freedom and accept the mahatma. I AM the Mahatma.

Vywamus--MEDITATION TO BRING IN THE MAHATMA ENERGY
[Channeled through John Armitage/Hari Das Melchizedek on Oct. 28, 1998 at of Mt. Shasta]

So let us now focus, all of us, on our thymus gland, and see this thymus gland as a room. It can be any kind of room, square, round, oblong, any kind you choose. And let us see, in front of us, the door to that room. Just see, feel, imagine the entrance. Now I would like you all to ask your I AM Presences, "Do I have permission to enter this room?" Ask now. …..So now, let us open the door to this room and walk in. What do we see? A room full of crystal, that has amethyst, rosey quartz, clear quartz, all the gemstones that you can think of….all the precious crystals that you can think of….see the room lined with these crystals. This is your thymus room—it is in your chest—all your glands are crystalline, brothers and sisters. And now, with your inbreaths, see these crystals becoming energized….pulsating…..lighting up…and feel the love that is generated by them, filling your chest cavity. At this stage you may use the affirmation, "I affirm I am open…to receiving the Mahatma energy…I AM That I AM in Love." Keep on with your inbreaths, and as you breathe in, see crystals…see your thymus room becoming the thymus palace—a crystalline palace of Love. See and feel the nature of the Mahatma…the silver and gold energy with a hint of Violet…flowing down from your own glorious I AM presence into your body physical, and filling this thymus palace with the silver, gold, and Violet energy….and feel the Love and be the Love. Feel your hearts opening, this higher heart chakra opening…opening…opening…see the lotus that is in your hearts…the lotus with 12 petals… now just blooming like a lotus on a lake, opening to greet the morning sun. Trigger the Love, trigger the Love, trigger the Love, the Love, the Love…Trigger the Light, trigger the Light, the Light, the Light….

Feel this Love permeating the whole of your physical body, the whole of your cellular structure. Allow this affirmation to run through you, "I AM That I AM—Love!" Trigger the Love the Love the Love…trigger the Love the Love the Love the Light the Light the Light the Light…trigger the Light…And as this Light and Love is coming through you, feel your thymus palace becoming more and more activated, pulsating with the love, pulsating with the Light…and see the Love flowing forth from you…encompassing the whole…not only of this Earth, but the whole of this creation…Trigger the Love, trigger the Love the Love the Love…trigger the Light…trigger the Light…trigger the Light the Light the Light….. "I AM That I AM—Love!" Work with your breath, draw in more Love…

Now let us focus on the Crown Chakra—the thousand-petalled Lotus. Feel your Crown Chakra blooming, just like a lotus welcoming the morning sun. As you breathe in, see, feel, and allow the petals to open into this glorious flower that is you….And now, allow this affirmation to run through your minds… "I AFFIRM, I ALLOW THE MAHATMA ENERGY TO FLOW THROUGH MY CROWN CHAKRA IN ACCORDANCE WITH DIVINE WILL…I AM THAT I AM…THE MAHATMA….IN LOVE."

As it flows through you, feel it coming through your thymus palace, further activating, pulsating…trigger the Love the Love the Love the Love…trigger the Light the Light the Light the Light…I, Vywamus, guarantee you that through every one that brings the Mahatma energy through them, we multiply that by 10……_____ people now bringing in the Mahatma in here…and that is not counting the other beings that have gathered in other dimensional realities to help you to integrate the Love. Trigger the Love the Love the Love…trigger the Light, the Light, the Light. Now let us, with this Mahatma energy, clear out the residues of blockages of the Crown Chakra…just affirm in your minds, "I AFFIRM I NOW RELEASE ALL RESIDUES, ALL BLOCKAGES FROM MY CROWN CHAKRA…I AM THAT I AM…THE MAHATMA IN LOVE… Trigger the Light the Light the Light…trigger the Love the Love the Love… Trigger the Light the Love the Light the Love…I AM THAT I AM…THE MAHATMA IN LOVE."

Now move down to your Third Eye Chakra. Now let's affirm that your Third Eye Chakras are now being cleared of all blockages and residues, all the residues of your misuse of your Third Eyes in previous times. We also at this time

affirm that your channeling abilities are activated now...so you may see and speak to others the glories that you perceive through your Third Eye. Trigger the Light the Light the Light….trigger the Love the Love the Love… Affirm, "I AM THE MAHATMA IN LOVE…I AM THAT I AM." See, feel and allow the energies of the Mahatma to clear this chakra. We feel it becoming activated. Affirm that you are now ready to work with it. You are willing to accept the activation…trigger the Light the Light the Light…trigger the Love, the Love the Love…Clairvoyance in all ACTIVATED.

Now down to the throat chakra. Just focus there on the throat chakra. "I NOW CLEAR MY THROAT CHAKRA IN ACCORDANCE WITH THE WILL OF MY I AM PRESENCE. I AM THAT I AM…THE MAHATMA IN LOVE." Just allow that to run through your minds…"NOW I ACCEPT THAT I CAN SPEAK MY TRUTHS AND STATE MY NEEDS…AND I ACTIVATE MY THROAT CHAKRA SO THAT I MAY SPEAK OF THE GLORIES OF LOVE TO OTHERS THAT ARE RECEPTIVE". Focus on your throat chakras. Trigger the Light, the Light, the Light…trigger the Love the Love the Love. Now the affirmation just flows through you, "I AM THAT I AM…THE MAHATMA IN LOVE." And just perceive that you are allowing the love to come through you. You are Love…you are Light…

And now we move to the thymus gland, the Higher Heart Chakra. Focus your attention in your thymus palace, that glorious palace of love. Now allow this one to run through your minds, "I AFFIRM I AM NOW ACTIVATING AND CLEARING MY HIGHER HEART CHAKRA. I AM THAT I AM…THE MAHATMA IN LOVE…Trigger the Light, the Light…See and feel that Light. Further activations of the crystals…see the palace growing and growing and growing into this glorious crystalline thing. "I NOW CLEAR MY HIGHER HEART CHAKRA OF ALL RESIDUES OF FEAR OF LOVE…THE INABILITY TO ACCEPT LOVE…I AM THE MAHATMA IN LOVE…I AM THAT I AM"…Trigger the Light the Light the Light…trigger the Love the Love the Love..."I AM THAT I AM…LOVE." Run it through your minds, "I AM THAT I AM…LOVE." Feel the Love, be the Love…trigger the Light the Light the Light…trigger the Love the Love the Love.

Now down to the solar plexus. Just allow this unconditional Love to flow through, changing…changing…the accumulated emotional rubbish of lifetimes…the fear, the resistance…Feel the Love flowing through, transmuting all this debris into harmony and beauty…And now, allow this affirmation to flow through your mind' eye, "I AFFIRM THAT I ALLOW AND LET GO THE CLEARANCE OF ALL THESE EMOTIONAL RESIDUES THAT ARE HOLDING ME IN ANGER, HOLDING ME IN THE ENERGY OF LACK, THE ENERGY OF NOT BEING ABLE TO RECEIVE…AND I NOW REPLACE IT WITH LOVE, UNCONDITIONAL LOVE…I AM THAT I AM…THE MAHATMA IN LOVE." Trigger the Love the Love the Love…trigger the Light the Light the Light…

And now down to your second chakra, the sexual chakra. Still working with the breaths, bringing in this Love, bringing it through your activated chakras, your thymus palace, becoming amplified through your thymus palace, your newly cleared solar plexus…And now allow this affirmation to flow through your minds…"I AM NOW READY TO RELEASE ALL MEMORIES OF ABUSE, THE MEMORIES OF ABUSING OTHERS, AND THE MEMORIES OF BEING ABUSED MYSELF…AND I OPEN UP MY SECOND CHAKRA TO THE MAHATMA ENERGY OF UNCONDITIONAL LOVE…I AM THE MAHATMA, I AM THAT I AM IN LOVE." Trigger the Light the Light the Light…trigger the Light the Light the Light…trigger the Love the Love the Love…Just see, feel, allow and imagine these residues becoming transmuted into pure unconditional Love…See silver golden Violet of the Mahatma energy flowing into this chakra, balancing and purifying…."I AM THAT I AM….LOVE."

Now to your Base Chakra. Now is the time to release all anger, all fear, all residues that are not of the Light and Love…Allow this affirmation to flow through you, "I NOW ALLOW THE CLEARANCE OF MY BASE CHAKRA…AND TRANSMUTE THE ENERGIES INTO UNCONDITIONAL LOVE…I AM THAT I AM… LOVE." Trigger the Light the Light the Light…trigger the Love the Love the Love..See this silver golden Violet energy flowing into your Base Chakra, reconfiguring, clearing…Again, make the affirmation, "I AM THAT I AM… THE MAHATMA IN LOVE."

Now ask in your own way, for an infusion of the Mahatma energy to clear your cellular structure of all resistance, fear and anger. Make the affirmation, "I AM THAT I AM THE MAHATMA IN LOVE." See, feel and allow the energy to come through you, the silver golden Violet…trigger the Light the Light the Light…trigger the Love the Love the

Love…And now again, focus on the thymus palace, and see it growing….growing….growing…expanding and expanding and expanding…and transmitting this new found unconditional love for yourself without judgment, without reserve, without resistance…Feel it transmitting that Love to the whole of creation…"I AM THE MAHATMA, I AM THAT I AM…IN LOVE."

With this Love you can heal, with this love you can facilitate wholeness…whole beings…not only humans. And with this Love you can facilitate the healing of your Earth Mother. So now let us all spend some time focusing this unconditional Love, this Mahatma energy, through our crystalline palaces of Love, and see, feel and allow it to flow into the very heart of your Earth Mother. And now, if you focus a small part of your attention on your base chakra, you may feel the Love that the goddess Gaia is giving you in return for your Love.

I Vywamus leave you focused in this love and bless you with Love, for there is another that wishes to speak with you. Keep focused in the Love, keep holding the Love vibration….Bless you.

Lady Gaia Speaks

I AM the Goddess Gaia, the feminine consciousness of Mother Earth. It is not often I speak through channels. I have asked to be granted the privilege of speaking through this channel, to tell you how much I appreciate your love and your healing, and to tell each and every one of you how much I love you. I hope you can feel my love, as I amplify your love and use it to balance my meridians, use it to clean my heart chakra and then amplify the love and send it to each and every one of you as a personal gift from your Mother.

This work of love, this labor of love, that you are performing for me is a most wonderous thing. It reminds me that my children have not forgotten me and do love me. My heart is glad and happy, and as I heal and transmute gladness and happiness comes more and more within my heart. There is, there has been on my part, a time of indecision as to what I should do that is best for my children. You beings, in these past days, have brought me to a decision, and my decision is to balance and heal further before I take you and the Universe through the ascension process…I have had an idea in my mind, that I would quicken things, and by quickening things, it would have meant that I would go into a healing crisis instead of a gentle transition into wholeness. Through that healing crisis, much upon my body, the mantle of my body, which you call the surface of the Earth, could have had its nature changed…you humans might call it destruction. Understand, that the destruction is only from the perspective of humans that are focused on staying in their third dimensional aspect. Nevertheless, it brings fear into their hearts because of a lack of understanding.

Through the healing which you have been giving me, and the love that you are giving me, it means that the transition into wholeness can be much smoother. I love you, my children…and like all mothers, I try to make the right decisions for each and every one of you to take you into the love, to take you into wholeness, in a most gentle way that I can find.

Thank you. I will accept the gifts that you have given. Accept my love in return. Bless you all.

--Mt. Shasta, CA October 28, 1998

The MAHATMA Energy Initiation (Brian Grattan)
Are you ready to clear away all static, or false beliefs, through pattern removal, to join others of like expression and willingness, to participate int the greatest chapter in Earth's history by creating your own GodSource connection as the I Am Presence, Mahatma?

1. Cleanse Etheric Body: Visualize your whole 4-body system (physical, emotional, mental, spiritual) bathed in the Violet Flame of Transmutation.

2. Sit in a quiet, comfortable place. Know that you have your soul's permission to proceed.

3. Visualize an electric aqua-blue color. See your whole body permeated with this color, which is a wonderful

conductor in this very electrical process.

4. Look to your channel: see it wide open, then allow the aqua light to fill your channel between the Soul Star and the Earth Star (8" above your head to 6" below your feet).

5. Invite the Mahatma energy by repeating the name "Mahatma" and allowing its mostly gold light to fill your channel. (If for any reason you feel uncomfortable, ask your Soul or a Guide or Teacher you work with or any of the Archangels to help you.)

6. Bring this Mahatma gold energy out into your auric field. Ground the energy into the Earth: See the gold/white light flowing through your body, out the bottoms of your feet, through the Earth Star and all the way into the center of the Earth. Ask Archangel Sandalphon to help you firmly anchor the Mahatma into the Earth.

7. Focus on the area between your shoulder blades. This is where all of the solar, radioactive, and prana or life force energies come through. This is the true Heart Center—Fourth Chakra—which is located front and back of your etheric body behind your thymus gland. As you feel energized, start to "trigger the Light, the Light, the Light." Trigger the Light in this area influenced now by the spiritual energy we call the Mahatma. Continue to watch, with your knowingness or clairvoyant abilities as this area becomes, on a cellular level, Light. Your cells will find no resistance from the past to this beautiful energy. Expand and trigger the Light, Light, Light, Light, Light, expand as required and trigger the Light!

8. Realize that your subconscious mind doesn't know that you are now fourth-dimensional. Affirm to your subconscious mind: "Now you know, now you understand, that what you have just witnessed on a cellular level has nothing to do with the third dimension. All of my four-body system is now fourth-dimensional." You will have to repeat this many times for awhile; neither your subconscious mind nor the mass consciousness yet realizes that they are fourth-dimensional.

9. Visualize your four-body system: see your physical body, then the emotional body, which extends 6-9" beyond your physical body; then the mental body, which extends around 16" beyond your emotional body (around 25" from the physical). Beyond your mental body is your spiritual body, which has no end to it.

10. Visualize those areas of your cellular body that are not vibrating in harmony with the other cells of your body. See these as darker areas in the brightness, or feel them as denser, possible painful areas. Breathe Mahatma gold/white energy into these areas (one at a time). Breathe OUT, OUT, OUT—consciously releasing that old, crystallized third-dimensional material. While breathing out, see it leaving your physical body, passing through your emotional body, through your mental body, and finally into your spiritual body—your Body of Light—where it is transmuted back into Light. This is the method to permanently remove that which is not Light from your body—it must be released all the way into the spiritual body, into the Light, so that your complete four-body system becomes Light! All cellular levels must be balanced so that they vibrate equally. The cells which respond immediately to this massive infusion of energy will elevate other cellular pockets and eventually those darker areas to vibrate with them. Do not be afraid to make sounds, if sounds come up for you during this process. Yawn loudly, sigh, groan, whatever helps to release this energy. On the inbreath, breathe back in the gold/white Mahatma energy.

Now concentrate on opening your physical chakras. Starting with the base chakra, breathe deeply and breathe through the base chakra, releasing all extraneous material, all negativity out, out, out—through the emotional body, through the mental body, out into the Light, into the Light, into your spiritual body. Know that Sandalphon is still grounding into the Earth your auric field of the Mahatma, which is now permeating your entire body. Release into the Earth with a number of powerful outbreaths and know that you and the Mahatma and your spiritual body are one. Trigger the Light, the Light, the Light—Expand, expand, expand into the Light, expand into the Light. (for each chakra) Visualize a beautiful red color in the base chakra. See in front of you a dial, going from 1 to 5. Slowly turn this dial up to five, seeing the light in this chakra getting brighter and brighter, until it is as bright as you can make it at this time. (Do with each chakra, using the color for that chakra.) With the Second Chakra it is important to integrate the two polarities—male & female, right and left sides of this chakra. Visualize the Yin/Yang symbol; now see it spinning, faster and faster, until all you can see is white light spinning. At the Crown Chakra, ask Archangel Metatron to help you expand,

expand, it throughout eternity.

12. Visualize now about 5-7 feet above your crown chakra, a star, your Source Star. Visualize a golden thread between your Source Star and your crown chakra. Begin to build this thread into a wonderful golden channel. When you feel that you have built this channel, connect this with your developing channel from the crown chakra to the Earth, and expand and expand, continuously taking the Mahatma energy from the Earth to Source and Source to Earth over and over, always expanding your channel. It becomes brighter and brighter and more and more expanded, until the channel includes your complete four-body system...and expand and expand until there is nothing but Light!
[See Resources section of this manual, Mahatma I & II, by Brian Grattan]
This is A time for releasing

Master Germain has said: The most important astrological event in the history of human civilization just happened—the Earth cross formed in the sky by the Equinoxes and Solstices aligned in our galaxy. The last such alignment was around 6500 years ago. This event signals the earth's initiation into the next level of her evolution. The Galactic window opened between 1998-2001, in preparation for the Galactic Wave event in 2012. The Winter Solstice initiated an unprecedented Galactic alignment. The photon belt is a metaphor for this event. Now is the time to release all unnecessary programs from the past and to prepare for the new energy coming in. We are about to co-create here on earth things beyond our imagination at this time. YOU are invited to be present in each and eveery moment and enjoy the dance through to the end of time.

Other sources repeat that we are rapidly approaching a pivotal conjunction of many astronomi¬cal cycles related to our Earth. Every 26,000 years our Solar System moves into an energy called the Photon Band by some. (Photon bands are 7th dimensional donuts of light that emanate from the vertical axis of the Galactic Center.) This also marks the time it takes our Solar System to orbit around Alcyone, the central star of the Pleiades. This is the length of the Mayan Great Calen¬dar, which ends its current cycle on Winter Solstice of 2012. [see The Pleiadian Agenda by Barbara Hand Clow).

According to the Mayans, 2012 is also the completion of a 104,000 year cycle composed of four Mayan Great Cycles. It is also the completion of a 225-mil¬lion year orbit of our sun, Sirius, and the Pleiades around the Galactic center. According to many sources, we are in the process of a grand speeding up of Earth's vibrations, so that she changes dimensions by 2012. This acceleration began in 1972, became apparent especially after the Harmonic Convergence in 1987, and continues at phenomenal speed. According to others, we are already changing dimensions, being now in mid-fourth and still going.

Naturally this affects us humans living here, as it is meant to! It is our destiny to now progress into higher dimensions. But first we must release all of our "baggage", all of the fears that block us from progressing the way we are meant to do. The immediate effect of all this acceleration is to bring into our consciousness all of these fears, so that we can process and release them. We are cleaning house on a monumental scale--not just this lifetime, but all of our lifetimes at once.

Although this may appear daunting, we also are surrounded by more light energy and spiritual guidance to help us to do this than has ever before been available on this planet. We have only to ask for it. Essentially, we are in process of moving from the fear vibration to the love vibration. We're told that love and fear cannot coexist in the same space (or body) at the same time. It's either/or. And you can choose. The more you are totally enveloped in and by love, the higher are your vibrations. The more you can feel and express unconditional love to yourself and to those around you, the closer you are to totally merging with your highest aspect (Monad, God/ess Self, I Am Presence).

Just in case you feel you want to hang on to all of that old emotional stuff, here is Hilarion, Chohan of the Fifth Ray (Intellect & Science):
Greed, self-pity, hatred, anger, remorse—the damage which these negative emotions do to present physical bodies in incalculable. If man only understood that the aging and premature death now so prevalent is largely due to his negative emotions, he would surely make some attempt to stop them. But humanity has blinded itself to this truth, as to so many others. Most individuals think it is "right" to bear resentment against someone they believe has harmed them, that they "ought" to hate someone who hates them, and that they have every justification to feel sorry for

themselves, or to worry excessively, or to grieve when parted from a loved one—never realizing that NOT A SINGLE POSITIVE EFFECT CAN EVER FLOW FROM SUCH NEGATIVE EMOTIONAL STATES. For example, not only does hatred NOT harm or debilitate one's "enemy", it actually causes damage to the one doing the hating, while feeding STRENGTH to the opponent. The only way to disarm one's so-called enemy is to LOVE him, for only in this way can the feud be sapped of the emotion that was feeding it. Without the negative feed-back, the enmity disappears for want of sustenance. So it is too with the other dark emotions: all of these harm the person harboring them; none of them produces any positive result whatever.

Since we have been lugging this stuff around with us for centuries, it takes a bit of focus to release it all. I suggest DAILY routines which include meditations, affirmations, body movement (yoga, tai chi, whatever), prayers, whatever you feel attracted to. I have included a few examples in the Daily Practices section. Ask your guidance and follow your intuition. Tools to aid the releases: flower essences and gem elixirs, meditations [such as 13D Shamballa meditations], body work, exercise, sounding & chanting, conscious breathing, etc.

Most of all, BE AWARE. Be aware of changes in your body, energy changes which you may be aware of through your body or etheric sensitivities. Notice when the energy around you feels strange or uncomfortable; notice when people's energies feel good or not so great around you. There are entities out there who do not want this evolution to proceed, and who are doing all within their very great power to stop it. Of course, we can use this for extra impetus towards our goal, if we are aware and on top of things. Avoid television, especially the so-called "news", which is rife with misinformation and mental programming. Un-plug your TV when not in use. There IS mental programming going on through the airwaves, and your TV can bring it in even when it is off, if it is plugged in. Keep a second attention, to notice how you are reacting during a movie or news broadcast or TV show or listening to music. Detach from judgment. You can be in control, if you are aware. If you feel you need it, put light protections around yourself (see Daily Practices). Be AWARE of when you slip into fear, and consciously transform that to love; try out various practices and see what works for you. Ground the Mahatma energy through you as often as possible. BE the Mahatma energy of Unconditional Love!

It is a grand time to be alive and a grand trip we are on right now. We all volunteered for it, stood in line to incarnate now we are told. Let's make the most of it! Keep the Joy alive in our hearts at all times—dance our way through in love!

Belief systems & Health

We already discussed the importance of releasing all of our old emotional stuff (see esp. Hilarion quote on p. 22). Now we will present some of the ways in which we use our mental bodies to wall ourselves into our illusions. Being able to see what is going on is the first step to freedom.

THOUGHT FORMS—THE ILLUSIONS OF THE EMOTIONS MADE PHYSICAL

Trauma is not only emotional stress. The intellect has put forth enough "Thought Forms" for them to now reside as a foreign element in the body; i.e. infection, cancer, calcium deposits, dysfunctional body parts, etc. We create in physical reality (our illusion) an imbalanced condition that mirrors the etheric body imbalances. Of course, we cannot forget that our Heart is our center and through it we always respond (consciously or unconsciously). Therefore, our thought forms have a direct correspondence to how we feel about ourselves, to love and its opposite, fear.

When a person brings down from the etheric levels imbalances of emotional energy (fear vs love) in the form of thought forms, the body begins to set up, unconsciously, complex reactions that stimulate this imbalance. This stimulation is on all levels of our existence: food to create nutritional deficiencies; relations (friends or lovers) to stimulate the heart and set up mirrored responses which are disliked, yet consciously unrecognized by the person; environmental influences that add fuel to fire the condition; and thought patterns that provide confronting situations to force recognition of the true cause of the imbalance (unwellness, pathology, etc.): the person himself.

The bottom line, then, in all pathologies, be they physical, emotional, or mental is first and foremost the person's inability to Love themselves by maintaining their consideration of personal unworthiness, guilt, and having been born in "original sin". The most difficult and the most important Shamballa principle is to accept the Self. To Love the Self. To allow the I AM Christ Consciousness to become illumined and the Christ Self to begin radiating inside the heart (embrace the physical body and glorify the God Self). It is by this simple process, to see ourselves worthy of God's Love and Blessings, that unwellness is transformed into happiness, joy, peace, love and wellness.

Take a moment to think about this. We are all Light, the Light of God, and God made us in his perfect image. The God of Light is not a God of wrath, fire and damnation. God is Love, Peace and Joy. Mankind has created a fear of God by man's judgment values that are used to control the judicious and prudent Divine free will actions of mankind. We must remember, God has only two Laws, and man has thousands. God's Law simply says, Love the Lord thy God with all thy heart and with all thy soul and with all thy mind, and love thy neighbor as thyself. So simple that few humans have truly mastered the understanding in Body, Mind and Emotions (Heart, Mind and Soul connected by Spirit).

It is through the higher vibrations of Love, the God-Presence level of the heart (8th chakra), that divine will can manifest and humankind become free of toxic thoughts of guilt and fear. It is, therefore, essential that love become the guiding light in all aspects of one's life for health, happiness, and joy to be a reality of human existence.

BELIEF SYSTEMS & PERCEPTION OF REALITY

These stories are here to help you think about belief systems—yours, your clients', society's—and how they affect your life, your efforts to facilitate healing for yourself and others. Socrates is quoted as saying, "The unexamined life is not worth living." It is also true that the unexamined belief system chains us to the past, imprisons and stagnates our mind, and often prevents the balancing, the healing that we—and others—say that they want.

STORY #1:

There is a little known fact about experimental hypnosis that is illustrated by the following story:
A subject was told that when he was awakened from a hypnosis session he would be unable to see a third man in the room who, it was suggested to him, would have become invisible. All the proper suggestions to make this true were given, such as "you will NOT see so-and-so" etc. Varying formats of suggestion along this line were used. When the subject was awakened, lo and behold! The suggestions did NOT work.

Why? Because they went against his belief system. He did NOT believe that a person could become invisible.

So another tactic was tried. The subject was hypnotized again and was told that the third person was leaving the room…that he had been called away on urgent business, and the scene of him getting on his coat and hat was described…the door was opened and shut to provide sound effects, and then the subject was brought out of the trance.

Guess what happened? He was UNABLE TO SEE the third man.

Why? Because this belief system was activated in a manner that was acceptable to his ego survival instincts. The survival of the ego is established pretty early in life by our parental and societal programming as to what IS or IS NOT possible. We learn this by learning what it pleases our parents and our society to believe. If a child observes a "fairy", they pretty quickly learn to NOT see them, because they are told it is nonsense or impossible, and so on, and that seeing such things brings on disapproval. Approval of the parent is pretty potent to a small child who perceives himself or herself as totally dependent upon the primary caregivers.

Anyway, to return to our story, the third man went about the room picking things up and setting them down and doing all sorts of things to test the subject's awareness of his presence, and the subject became utterly hysterical at this "anomalous" activity.! He could see objects moving through the air, doors opening and closing, but he could NOT see the SOURCE, because he did not believe that there was another man in the room.

So what are the implications to this factor of human consciousness? (By the way, this is also the reason why most therapy to stop bad habits does not work—they attempt to operate against a belief system that is imprinted in the subconscious that this or that habit is essential to survival).
One of the first things that occurs to one when thinking about this is the idea that everyone has a different set of beliefs, and that these belliefs determine how much of the Objective reality one is able to access. How truly "objective" that reality is can be debated, but that is going in a direction that is not germane to the issue.

In this analogy, the objective reality IS WHAT IT IS, whether it is truly objective or only a consensus reality, only in this story, there is clearly a big part of that reality that is inaccessible to the subject, due to his programming according to his beliefs as activated by his willingness to choose who or what to believe. (In this case, the hypnotist is believed.)

STORY #2:

I (Phyllis) had a dream a few years ago, in which my mother and I were standing outside of a farmhouse, in a large field, watching a very large, dense, dark grey cloud rolling and roiling across the sky, straight towards us. It had a sinister aspect, and I felt somewhat uneasy at it's rapid advance. Then, suddenly, in the sky right above us was a HUGE golden disc-shaped object, with hieroglyphs in some unknown language etched on the golden surface. It hovered over us, very close, and if I had known the language I could have read the glyphs. Even though I couldn't read the sense of them, I felt suddenly perfectly at peace, totally loved and protected, and the dark cloud no longer bothered me.

I turned to my mother and said, "Wow, look at that!"

She turned to me and said, "Look at what?" She couldn't see the ship at all.

As I awoke, the message came to me, "People only see what they want to see." In "real life" I had been trying to open up a bit what I considered to be the closed belief systems of my fundamentalist parents, but now I saw that this was not to be.

We can provide energy for people to examine, and possibly change or release limiting belief systems, but only they themselves can actually accomplish this, and only if they want to. And it is essential for most "healing". (We can point this out, however.)

In facilitating healing for others (and for ourselves), we need to allow people their own process. We can offer them certain energies to help them rebalance themselves, but if and to what extent they accept these and use them, is totally up to them. This is Unconditional Love in action—allowing people to be what they are, without judgment. This is the key to "healing", to personal transformation, to ascension. And it must be applied FIRST to our Self.

STORY #3:
(This story is from In Search of the Miraculous, by Ouspensky, and was attributed to Gurdjieff.)

There is an Eastern tale which speaks about a very rich magician who had a great many sheep. But at the same time this magician was very mean. He did not want to hire shepherds, nor did he want to erect a fence about the pasture where his sheep were grazing. The sheep consequently often wandered into the forest, fell into ravines, and so on, and above all they ran away, for they knew that the magician wanted their flesh and skins, and this they did not like.

At last the magician found a remedy. He hypnotized his sheep and suggested to them first of all that they were immortal and that no harm was being done to them when they were skinned, that, on the contrary, it would be very good for them and even pleasant; secondly he suggested that the magician was a good master who loved his flock so much that he was ready to do anything in the world for them; and in the third place he suggested to them that if anything at all were going to happen to them, it was not going to happen just then, at any rate not that day, and therefore they had no need to think about it. Further the magician suggested to his sheep that they were not sheep at all; to some of them he suggested that they were lions, to others that they were eagles, to others that they were men, and to others that they were magicians.

And after this all his cared and worries about the sheep came to an end. They never ran away again, but quietly awaited the time when the magician would require their flesh and skins.

THE SCIENCE OF MERKABA Washataka Rhynie 25Th May 1997

Channelled by John Armitage

We will speak briefly on the Science of Merkaba.

The Science of Merkaba is becoming well known on your planet. There has been building, or ones have been building control systems
around this science of merkabah. This control system has been built in a way that has caused many ones to believe that they cannot
activate their star tetrahedrons to produce this merkabah without complicated meditations and breathings.

These complicated meditations and breathings are very useful for ones who feel they need to be controlled in their spiritual work, in
their expansion of consciousness. And these ones usually need some kind of format, or some kind of system to follow, otherwise
they may feel that they cannot make any progress through their feelings of unworthiness, and also through their feelings of fear.

Now we would say to you it is time to lift this control and give you a very easy, simple way of working with your star tetrahedrons. We
encourage you to sit and meditate upon your star tetrahedrons. To set up the counter rotational fields, to set up the counter rotation of
your star tetrahedrons in a balanced and orderly way in conjunction with the energies of Love and the energies of Light; and to start
working with this all you need to do is sit and affirm 3 times, 9 times 33 times, 108 times, however many times you wish in
combinations of threes. That your counter rotating star tetrahedrons are counter rotating in a balanced way.

A useful piece of information for you is that you will never get these counter rotating star tetrahedrons counter rotating at exactly the
same speed. This is because these counter rotations like everything else upon the earth is governed by the Fibanacci spiral. And the
fractions that relate to the Fibanacci spirals. This is why you must affirm that your counter rotating star tetrahedrons are counter
rotating in a balanced way.

For those of you who don’t know anything what so ever about star tetrahedrons and merkabah, we would say to you that all things
manifest have these star tetrahedrons around them; planets, humans, plants, crystals, houses everything that is manifest. Stones,
rocks galaxies everything in creation. These star tetrahedrons hold the energy field in place through which creation takes place. You
have three of them around your physical body. One static and two counter rotating. Your static field is out at the edge of your finger
tips and the top point of that field is one hand’s width above your head and the bottom of that field is one hand’s width below your feet.

This is the same for everybody no matter how big or how small, how fat or how thin or whatever combinations there are prevailing in
your body physical. Inside that space there is another two counter rotational fields which relate to your emotional and mental bodies.
The star tetrahedron which relates to your emotional body relates to the right, and the one that relates to your mental body relates to
the left. When you speed up the counter rotation of these counter rotating star tetrahedrons to the speed of light, light is the fastest
thing in your dimension, when you speed up the counter rotation of these star tetrahedrons to the speed of light you may move
multi-dimensionally. The fact is that you may disappear from 3-d.

If you are going to work with this technology get focussed, get focussed on where you want to go. Get focussed on where you need to
go, because if you don't, you may find yourself in someplace in time and space, whether it will be in 3-d or higher dimensional reality
you don't have a clue where you are and you don't have a clue how to get back to where you started from. Of course those ones who
are adventurous, those ones who have a pioneering spirit in consciousness will not be interested in where they are going, and also will
not have an interest in going back to where they came from.

These beings are the true leaders in the revolution of consciousness, they are in the fore front of this movement into Light and Love.
Most humans are fixed in the ideas that they live somewhere and that they always have to go back to this place and that this is the
only place that they can be. That this is the only place that they can be happy, that they can only be happy in the third dimension.
Those of you who are leaders, those of you who are making these trails into multi-dimensional consciousness will not always feel the
need to return into 3 -D.

We lay these choices in front of you, we tell you what is possible, we give you ideas with which you can work and what you do with
them is completely up to you; because know that free will does operate on planet earth. This free will means that you can do it now,
or you can save it for later. Free will brothers and sisters is an illusion. Free will has been given to you so that you may make choice-
the choice of now or later. If you make the choice of doing it later, well therefore you will have the free will to have many adventure on
the way. You will have the free will to be involved in many things, which you may deem to be pleasant, or you may deem to be
unpleasant, the choice is yours. You have free will remember.

We have given you some, a few ideas to work with. We will give you one more before you leave. We will ask you to work with this
energy of Mahatma. This MAHATMA energy is the pure energy of unconditional love, the energy of the I am presence of the
mother/father god. Allow the energy of Mahatma to flow through your heart, in accordance with the will of your I am presence, and
speed your journey to freedom. Freedom is your birthright.

Freedom is your birthright, and this freedom of which we speak is not the freedom of travel. It is not a freedom of going hither and

thither, and moving from one place to another. That is the illusory freedom in 3-D. freedom is integrating with your I am presence,
freedom is realising your multi-dimensional self. Freedom is utilising your merkabah and becoming a space traveller. With those
words, we the collective consciousness of the Galactic and Ascended masters will leave you. We would like to thank this being
Washataka for giving us the opportunity to speak with you, for giving us the opportunity to perhaps help to speed you on your journey
to freedom. We came in love and now we go. We Love you and we care for you because of that Love. And we are always with you.
Bless you.

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"Could I just say a bit of poetry I wrote about this? It goes: It is the Buddha's will, and we sit with him within, circles concentric, the five point star and lotus fall, how star wonder at patterns on tale-tellers brow, sacred diamonds or Egyptian curls, take us there, remind us... somehow. This is how we do it. Is it that shape?

the Five point star, the concentric circles and the lotus blossom?"

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CHANNELLED BY JOHN ARMITAGE

Mahatma

Merkabah Meditation

Larkhall workshop 6 September 1997

Okay, so we're going to work with our merkabahs and we're going to work with the Flower of Life. You might wonder what this has got
to do with Mahatma. It's got everything to do with Mahatma. We've done a little bit of this star tetrahedron work before. What we're
going to do is power up our star tetrahedrons and then hook our star tetrahedrons into the source of the Mahatma. Then, when we're
bringing down the source of the Mahatma - well, this is the way I think it'll go, I'm not altogether sure of it, this is I think what they've
been telling me - we're going to visualize what we need in our lives. Be careful what you visualize here because you're going to get it.
Be focused with what you need and don't put too many provisos in how you're going to get it. Then we're going to overlay this desire
that we need to manifest within our lives onto a holographic sphere. It doesn't matter if you can't visualize it, don't worry about it, don't
try too much to visualize. What we're going to do is overlay the Flower of Life symbol over a globe and we're then going to overlay this
Flower of Life symbol that's around the globe with what we actually need to manifest. Then we're going to plant that into our star
tetrahedron system. And it doesn't take a lot of thinking through, does it, as to what the results might be. Manifestation of what
you've implanted. That's why I say just be sure of your intentions. If you're not sure of your intentions then maybe it's better not to
think about anything during that period of the meditation.

Okay. So lets start in our usual way, take some deep breaths and release the breaths. See the light, see the love, trigger the light.
Just feel the whole of your body expanding. Feel your subatomic particles, your molecular structure, becoming activated with light,
becoming activated with love. Now we're going to work with our star tetrahedrons, our static and counter-rotating star tetrahedron
fields, so what I'd like you to do as you're breathing deeply, as you're breathing in, to just see, if you can, and feel, if you can, your
counter-rotating star tetrahedrons and your static star tetrahedron becoming activated with this energy of love, this energy of light, the
Mahatma energy.

Now take these counter-rotating fields up in speed. Maybe your counter-rotating fields are counter-rotating faster than the speed we're
going to give you to start with but don't worry about that, don't slow them down, just wait for all the others to catch up, just wait for us
to catch up with you. We're going to start off with three tenths the speed of light; I affirm my counter-rotating star tetrahedron fields
are counter-rotating in a balanced way at three tenths the speed of light now.

Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at five tenths, or half, the speed
of light now. [Pause] Now affirm; I affirm my counter-rotating star tetrahedron fields are now counter-rotating in a balanced way at
seven tenths the speed of light now.

Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at nine tenths the speed of light
now. [Pause] Now affirm; I affirm my counter-rotating star tetrahedron fields are counter-rotating in a balanced way at 99.99 the speed
of light now.

Now I'd like you to focus on expanding the top part of your star tetrahedrons, which is a three sided pyramidal structure coming to a
point, I'd like you to see, feel, visualize, this top part of your star tetrahedrons stretching onwards above your head, onwards and
upwards multi-dimensionally, first of all connecting with the fifth dimensional Christ consciousness grid about 75 miles above the
surface of your planet Earth.

This connection with the Christ consciousness grid, feel the love, feel these Christed loving energies flowing into your energy field and
empowering you with the energy of love. Now see and feel the bottom point of this star tetrahedron connecting with the central crystal
of Mother Earth. Now let us connect onwards and upwards to the Source through the multi-dimensional Christ consciousness
gridworks.

These gridworks are crystalline and pulsating with the light and the love of these Christed energies and the Mahatma energies. Allow
this Christed energy to flow into your energy system and remind you that you, each and every one of you, are Christed beings. Feel
this Christed love, be this Christed love. Now build up your connection with the Source with the top points of your

star tetrahedron.
Just build that connection with the source of the Mahatma energy, Mother/Father/God. Allow that Mahatma energy to flow through
your star tetrahedrons so as to immerse your subtle bodies and your body physical in these Christed loving energies and the energy
of Mahatma. Unconditional love. Trigger the love, trigger the love, trigger the light, the light, the light, the love. Now I'd like you to see,
beginning at the Source, this spherical Flower of Life symbol overlaid on a sphere or ball, a crystalline ball of love, a crystalline ball of
light. Trigger the light. Trigger the light, the light, the light. Trigger the love. Trigger the love, the love, the love.

Now think of what you need to manifest in your life. Do you need to manifest love? Do you need to manifest abundance? Do you need
to manifest truth, beauty, harmony? Do you need to manifest a combination of these? We will give you some moments to think about
what you truly need, not what you think you need, to help you to become light and become an overflowing chalice of unconditional
love. So now hopefully you've formulated your requirements rather than your desires, now overlay on top of this Flower of Life spherical
symbol, and interweave with this Flower of Life symbol, your request. You can make this request by affirmation and then project this
affirmation to the sphere. It is very simple, just affirm the intention. I AM that I AM. So, now that your intention is interlaced with your
Flower of Life symbol, with each in breath see this Flower of Life symbol and the affirmations you have made growing and becoming
bigger, becoming bigger, becoming bigger, and integrating with the whole of your star tetrahedron energy system. Remember that the
top of your star tetrahedron is linked with the Source Him/Her/Self, and the bottom of it is linked with the central crystal of the Earth
Mother. See this hologram growing with each breath, feel the energy of this hologram growing with each breath, through the love, the
truth, the beauty, the harmony, the light, the abundance, whatever you have asked for; becoming bigger in your energy system,
becoming stronger. This Flower of Life symbol is the seed blueprint for the whole of creation. Understand that through this seed
blueprint flows the energy of everything. Through this method it is possible to create energy modulation through your desire and
affirmation. Whatever you ask for now, you will get. Whatever you have asked for, you will get. So with each in breath, see this Flower
of Life sphere, this holographic sphere, growing and growing and growing, filling your star tetrahedron energy fields. Don't worry if you
don't know what star tetrahedrons look like, just see this sphere growing, see the hologram growing, feel the programming entering
your energy system. Allow this affirmation to flow through your minds; I am now willing to allow… and then your personal affirmation…
to manifest in my life now, in accordance with Divine Will. I AM that I AM. I affirm that I'm willing to allow the universe to manifest my
needs without feeling a need to control them. I AM that I AM. I affirm I renounce all previous vows of poverty and strife. The AM that I
AM. I affirm that I am truth, beauty, harmony, love and abundance now. I AM that I AM.

So now let us focus our attention on our physical bodies, and allow this energy that we have created and manifested to flow into our
bodies physical and to program our cellular structure to openly receive those things for which we have asked. Feel safe

in the
knowledge that you will get what you asked. And now just allow it to happen. So you can move your bodies around and focus again
into the room, open your eyes, move your hands and your arms around, wiggle your feet and your fingers and your toes. So, we can
have a sharing now, if you'd like.
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I AM Germain. My Friends, Brothers and Sisters, as Germain, I come to speak with you about the subject of Mastery. Over
the coming few days, we'll all experience the changes of our energies. So this will be the results of the Merkaba meditations we
will be doing and the rest of it will be due to the initiations or attunements that we will all receive.

Each and everyone of you has been brought here by your I AM Presence. You've been brought here so you will step into your
Mastery. As Germain I understand that some of you may feel that it will be hard for you to realize your Mastery. The very good
news is : this is going to be simplicity itself. Mastery is a state of mind. And if you can spend time worrying that you will not
achieve Mastery, it will be much more constructive to think that you ARE a Master. And sure it does not take a lot of thinking
through that what you think is what you get. Think Mastery and BE a Master. Scatter your minds or think discordant thoughts
and you will be discordant. Again I say to you : do you see the simplicity of it ?

What does Mastery really mean ? This means Mastery over your own life, Mastery over your own energies, Mastery over
creation. When I say Mastery over creation I don't mean over the Creation of Father/Mother God, but over your own creation.
You have heard a number of times already that you have created everything that is in your life now. If you think about that you
will realize how easy it is. That it is now time to create another reality, then to leave the old reality of being unsure of yourselves,
to leave the reality of fear, to leave the reality of victimhood behind you. That it is now time to stand up and admit to yourselves
and the world who you really ARE. By standing up and admitting who you ARE to yourself, Mastery is yours immediately.

I will be with you, each and everyone of you, through the energy connections, the initiations and attunements. And I ask each
and everyone of you : go out and spread this energy to others. Understand that the spreading of this Love and this energy is not
limited to the ones that you think as Masters, Teachers and Gurus. It is you, each and everyone of you, who ARE a Master,
Teacher and Guru. Analyze the word « Guru » and realize that you ARE your own Teachers also. Each and everyone of you has
connections with Ascended Beings. Now I ask you to realize all over again who the Ascended Masters ARE. The Ascended
Masters ARE aspects of yourselves. That may surprise you for each and everyone of you ARE Ascended Masters already.
Again I say to you : now is the time to realize that. Each and everyone of you are capable of initiating others and I ask for those
as we go through the different levels of initiations that you are going to receive all the coming days that you don't be

caught up in
the technicalities. Many people in third dimensional reality, fourth dimensional reality, those who feel the need to analyze, analyze,
analyze. This mental analysis makes things complicated. And many humans feel that if they don't have something to analyze that
they receive nothing and worth nothing. Understand that Love is Energy. Understand that Compassion and Harmony are Energy.
The initiations and the attunements that you are going to receive are going to give you the very powerful access to this Energy.
You are about to become channelers for this Energy. That's right. This will surprise you that you are going to be channels. I can
hear more than one person saying in their mind : but I am not a channel. But each and everyone of you IS. And as an instrument
of Father/Mother God and your own I AM Presence, you will all be able to channel these Energies and pass them on to others.
They are all be forwarded in the form of healing Energy and as initiations into Love. Every time you surrender and allow the
Energy to flow through you without attempting to control, the Energy that you bring will be stronger and stronger. And as the
Energy gets stronger and stronger you become stronger in yourselves. Understand that allowing is the Secret Key. Once you get
over analyzing and using your thought processes, allowing becomes easier and easier. And the feelings and the thoughts which
give you the urge to control start to fade away. My message is to you : allow Mother/Father God to work through you. It is
impossible to analyze Mother/Father God. It is impossible to analyze the Energy of Father/Mother God. So the secret is : allow,
allow, allow. And through this allowing you will become whole and you will pass this whole on to others.

I welcome each and everyone of you into the Shamballa Family of Light.

I AM Germain and I leave you with my Blessings but I do not leave, I AM always with you.

Namaste.

BABBA ON LIVING IN THE PAST (Limiting Belief Systems)
(September 2000, 12-Dimensional Shamballa Workshop)

We do learn from experiencing our feelings, as human beings we are working through our emotional bodies. It's not being said that we shouldn't be working through our emotional bodies, because our emotional bodies are a great gift to us. We can have so much fun with that, with our emotional bodies, and we can use it. But the thing is to get out of living through your emotions, and live totally in unconditional love. When you hear yourself saying, "Aw, I'm really messed up," then you say, "hold on—cancel that one." And you'll find, as you start looking at the affirmations that you make in your lives (because as creators we're constantly making affirmations), that we create things through our affirmations which, when they manifest, we don't particularly want.

So this seems to be the way that human consciousness has gone. Humans are constantly affirming "I am…" something or other. When we say "I AM that I AM", that is a connection with your I AM Presence, and that is one of the most powerful mantras there is. Even by saying "I AM Love"—the love comes to you. When you say "I am temper" or whatever, that comes to you. I AM is a powerful affirmation, and people are using it continually in their lives. So that's what brings these manifestations of insecurity, of fear—it's separation. It's not understanding God's place in your life; not understanding the perfection of creation in the moment.

And as we're living in the human body, and we have emotions, sometimes it isn't always easy to manage to stay in that love in the moment. Things hit your emotional body hard [snap!] and it's back to the old conditioning. You've got stuff. And you remember when your mother used to look at you like that, and you got into trouble. Or you knew when your father looked at you like that you were going to get one. Or whatever. And then all of a sudden you're in a situation where someone looks at you like this. You're going to process! It might be a loved one, your partner, who never meant anything by it, really. It's called conditioned responses.

We suffer from these conditioned responses very, very deeply in the cellular structure. They come out, it only takes a look, a smell, a color, one word [snap!] a momentary stressful situation. It all comes out of your emotional body. You're processing. "Oh, what happened? I'm processing! Why am I processing? I don't know what happened! Can't understand what started this off, what triggered it." Maybe you go for the person who triggered it, and it has nothing to do with them. It's working with turning all those situations into Love. I AM harmony, and I am balance, I am love, all is perfection in the moment.

For it is, again, understanding that you can't live in the past. You never had a "past life". Every life you ever had is with you now. The past does not exist. It's irretrievably melted away into infinity. But humans have this potential to constantly try to live in the past. It always used to make me laugh, when I was really involved with music festivals. I'd be walking around, checking everything out. I'd hear people say, "Oh I didn't camp right here last year, we camped under that tree, and it was much better last year because…." and on and on. Everybody was living in last year. They weren't saying, "What a far-out time we're going to have, let's get down to it!" Or, last year I was sick, or last year I couldn't find so and so, or last year last year last year. People reminisce about the past, there isn't anything wrong about reminiscing about the past so it's not a judgment. Sometimes speaking about things that happened to you in the so-called past help you to understand what's happening to you now. But in general people are always looking back.

People just a bit older than me—I'm 55 now in this body, and I see people 65, 70, maybe 80 years old saying, "Oh, it was much better at war, you know." What?! "What do you mean, people were being killed, bombed!" "Yeah, I know, but it was much better. Everybody was friendly." "Were they? Thought there was a war on." "Yeah, I know, but down the street, we all helped each other, gave each other food and all that." "But they were bombing houses round the corner." "Eh, it was much better in war." You know, people have memories, that at times people opened up their hearts and shared, but in general it was a horror story. But they just remember those moments. I've even heard people saying—the Scots and Yorkshire people are a bit, shall we say, ungracious at times—and I've heard people say, I've even heard my mother say, "During war food were much better." I said, "Food was better! What do you mean, food was better?!" "Oh, but it was, it were much healthier." And all this. And all we had was lentils. When I was a kid, even when I was 4 or 5 years old, when you went to the sweet shop you had to take this little book with you. And the old guy would open up the book, "Do you want two pennies worth?" And he'd cut the coupon out. Only got 2 eggs a week, and a pound of meat for each person or something—Five years after it was all over! That's what it was like in our country. I remember it so well. The only thing you got for Christmas was a couple of oranges and a bag of peanuts. There was nothing else around. And my mother saying, "Oh we had better food in war." "Shit, Mom, there was no Burger Kings!"

I remember when we were all young Beatniks, when it all first started. We were adventurous, for the times: we had wooly polo necked jumpers, sandals with no socks on, and all that. Jeans had just arrived from America, so we was cool, man. So cool. And these guys, which were actually younger than I am now, were saying, "We fought the war for the likes of you, and look at ya! Hair coming down over your ears, wearing polo-necked jumpers all day long, got no socks on, can't even bloody dress properly!" And all this stuff. They were still thinking that to be happy you had to be in the trenches. They had these brown and black pinstriped suits. The government issued them to everybody when they came out of the army. There was no color in people's lives. So when we brought color to their lives, they said, "These people are not right in their heads! They're colorful. Why would they want to wear trousers like that?! Aren't they embarrassed?"

People have that potential to always look backwards. Live in the moment! That is the magic of life! Don't have fears about the future, because we haven't dreamt the future yet. Be in the moment. Learn to laugh, cry, do what you need

to do. Be in spontaneity, joy!
(Haridas Melchizedek—John Armitage,)

The Heart of the Matter (Science Meets Metaphysics—or By gum, emotions DO influence people's health! DUH!!!!)
(article sent in to e-list—don't know where it originated)

Glen Rein is probably the most knowledgeable scientist in this field, and it is worth knowing about this latest research. Dr. Rein believes that the ancient wisdom is correct. The heart and not the breain is the seat of emotions and health. It is the entry point of the soul within the body.

Using fast fournier transformation (FFT) he converted a conventional EKG of the heart into a frequency diagram, something no one ever thought of before. Lots of mapping of brain frequencies have taken place, but the heart, he points out, is much more powerfully electrical than the brain. Heart activity must be screened out when doing an EEG on the brain.

What he found is as significant as it is amazing. Negative emotions such as frustration, unhappiness, anger, hatred, jealousy and the like generate chaotic, weak, high frequency heartwave graphs. Positive emotions, on the other hand, such as love, appreciation and gratitude generate very orderly, low frequency, but very powerful waves on the graph. The significance of this is much more than a scientific [word missing] as we shall see. A model of the electromagnetic field of the heart shows a perfect, fractal, torroidal (donut) shape. According to Dr. Rein, such a shape is a subtle energy transducer, i.e. it converts one form of energy to another, because it generates an infinite number of harmonics, allowing a step down (or demodulation) of higher energies such as we have been calling tachyon energy. Energy travels through harmonics with no loss of power. Think of it as a staircase for energies from the beyond. Only when the heart is coherent, as in feelings of love and connectedness, can the energy come through in force. Resonance and coherence in an orderly system are the apparent keys to tapping the tachyon field. (And maybe this is why lovers always seem so healthy, despite all that tachyon discharge.)

This is apparently what Dr. Badgley discovered when he found that different substances affected the pulse (a measure of the heartbeat) whenever they entered the life field. Dr. Rein decided to prove it by conducting experiments in which healers were able to change the absorption spectrum of DNA by either winding the coil tighter or unwinding it, according to their intention. This was even done from a mile away when the spectrograph operator had no idea when the experiment was taking place. Most importantly, the ability to achieve this feat only took place when the healers changed their heart frequencies to a highly coherent state, in other words, when they were loving.

From this we can get a good idea about the interface of emotions and health, the new field of psychoneuroimmunology. People are first and foremost their own healers. They are ultimately responsible for their own health, whether they know it or not. Anyone who claims to be able to heal you is a liar. A true healer assists the mind/body to heal itself. If the body really does require its own supply of tachyon energy to stay healthy, then perhaps much of it does come from the heart, a sort of dynamo feeding healthful energy into the body. A chronically negative person, depressed, angry, guilt-ridden, anxious or hateful, cuts off their own healing, healthful source of life by disordering and blocking their heartwaves. Sickness follows eventually. Happy people tend to be healthy people. Could this be why?

It also explains the fact that holy men throughout history have stressed love as a path to God. Only in loving states does God's energy become available to mortals to work divine magic upon them.

DNA

Your DNA holds the programming for your whole experience here on earth—physical body characteristics, potentials for talents, and for disease, etc. You programmed your DNA to provide you with the learning experiences you wished to have while you were here on earth. You did this as your physical body grew in your mother's womb. And you have the power to change your DNA programming, if you so wish. If you want to cancel contracts made in the past or in other lifetimes, if you wish to cancel vows of poverty, vows of silence, etc., your DNA must be changed. The

article at the end of this section shows that [at least in Russia] science is starting to understand the power of words, intent, and vibration to change our DNA.

Special Healing Support/DNA Reprogramming with Crystals--Babba

HI YA, Masters, DNA reprogramming with crystals:
take two double terminated crystals
clear and deprogram them [as described in “crystal” section]
program them with the mahatma energy and LOVE
program them to be self-cleansing
program them with the intent that they will ground the energies to reprogram your DNA with the divine light codes, the sacred geometry, the fire letters, etc.

place one crystal on each wrist where the main veins run and focus on the intent that :
your blood will become spiritual light
that the divine codes are flowing through you, activating your DNA
that you are now ready to take on the next phase of your work and are willing to accept the next level of LOVE into your life and heart.

Also call in the Shamballa energies and the Masters et. al.
Do this 10 minutes a day, and see the difference

IMPLANTS

When we speak of implants, we mean the crystallized thoughtforms that we ourselves create from the traumas of the past that we refuse to resolve and release. Babba says that 99.9% of all implants are of this type—self-created. We also attract to us other-dimensional beings and energies which feed off of our lower vibrational thoughts and emotions. Each of is carrying around quite a lot of baggage! In a very few instances implants have been inserted by other beings; these are only able to stay if we hold on to the fears that made them possible in the first place. So ultimately we are responsible to clean up our own etheric mess. We can ask for help, though!

IMPLANT REMOVAL MEDITATION & DNA activation

[When this removal is called forth, much what some would call negative entities are flying about looking for someplace to go. This is why we call in the Arcturian starship, to suck them up and remove them. If the facilitator has any residual fears or weaknesses, and does not know how to adequately protect her/himself, these entities will immediately attach to that person. This is why Hari Das cautioned that only those fully grounded in their Mastery perform this removal. This is the meditation as it was given at the Mt. Shasta Intensive in October of 1998. Use it as often as you wish on yourself—on others only when you feel grounded in your mastery.]

[IMPLANT REMOVAL]: So, I Hari Das Melchizedek ask and demand the presence of the Ascended Masters, the Galactic Masters, the Galactic Councils, the Elohim, the DNA adjustment Brotherhood of Light teams, the angels and archangels.

I also ask for the presence of a Light Ship above this building, above our workshop space, to help in the transmutation of the energies which we’re going to remove during the course of this meditation.

So, now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head. This is where your higher chakras are. It doesn’t matter that you don’t know where they are, they ARE in the space above your head. So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love. [pause]

So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you.

You can also at this time focus on your higher heart chakra, which is just above your physical heart, and just feel the energy moving there, in that higher heart chakra, the thymus gland. It is only through this thymus gland that you do feel the Love. It is only through this thymus gland that you can actually experience true Unconditional Love. So, with each in-breath allow yourself to feel this Love. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

So, now what I'm going to do is, I'm going to bring in the Team to remove these energies from your physical and spiritual bodies. So, in order to do this, I just demand that they leave. So now, I Hari Das Melchizedek ask at this moment on behalf of all human beings present, the removal first of all twin souls—NOW! [pause]

Now, the removal of all androgynous beings—NOW! Out! Out! [pause]

Now, the removal of all ties to multi-dimensional, parallel universes, and all impediments and inhibitors that stop all ones here from realizing their God Selves. I remove all now. [pause]

Now I ask and demand the removal of all other energies, all other beings from the energy fields of the physical bodies of all present—NOW! [pause]

I also now remove all implants from the physical and the spiritual bodies—NOW! [pause]

Now I also remove all attachments, hooks, multidimensional wormholes, and all other binding energies from everybody's chakras and everybody's aura—NOW! [pause]

I now remove all these energies and entities, all previous vows of poverty, hurt, vows of struggle, resistance to Love, resistance to abundance, from the energy fields and everybody's chakric system—NOW! [pause]

I Hari Das also ask and command the removal of all impediments from everyone here, that inhibits their clairvoyance, their clairaudience, and their clairsentience. I ask and demand that everyone's channels and channeling abilities are activated—NOW! I ask that all one's helpers, guides, Masters, communicate with each as an individual. [3-4 minute pause]

So, now, I'd like you to just keep on breathing, and still, with your in-breaths, bring in this Love, bring in this Light until you have cleansed these energy fields and physical body. [pause]

I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work, the Multidimensional Councils with which you all work (but maybe not, at this time, realize)—I ask and demand on the behalf of all of you that these clearances, are held steady, that you will not have a return of these energies and entities.

[Dna Activation and Expansion] : Now I would like you to take a few deep breaths, and as you breathe in, just bring your attention on the space above your head. This is where your higher chakras are. It doesn't matter that you don't know where they are, they ARE in the space above your head. So, just allow the energy of Unconditional Love, and the energy of Light to flow into you, with each of your in-breaths, and with the out-breaths, just allow the confusion, the anxiety, any fear that you may have, just allow the stresses and strains of life on planet Earth to actually leave you and be transmuted into Love. …….

So, as we go with each in-breath, just feel that Love, just feel that Light flowing in, flowing in, and with your out-breaths, just allow all that confusion to leave you.

You can also at this time focus on your higher heart chakra, which is just above your physical heart, and just feel the energy moving there, in that higher heart chakra, the thymus gland. It is only through this thymus gland that you do feel the Love. It is only through this thymus gland that you can actually experience true Unconditional Love. So, with each in-breath allow yourself to feel this Love. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

And I'd like you to now imagine yourselves as being a double-terminated crystal, that is, a crystal with a point on each end. The top point of this crystal is one hand's length above your head. The bottom point of this crystal is one hand's length below your feet. (It doesn't matter that you may be sitting, or lying, or standing.) So now this crystal is your crystalline Light Body.

With each of your in-breaths I would like you to see, feel, imagine, allow—for understand that seeing, feeling, imagining, allowing are not different from each other. Imagination is visualization. So, see, feel, visualize, allow this double-terminated crystal to become activated with the energy of Love. As you breathe in, see this crystal starting to pulsate with Light, see this crystal starting to pulsate with Love. And with each in-breath, see it building in energy. See, feel the Love, feel the Light pouring into you. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Now, see another double-terminated crystal (or, a crystal with a point on each end) going through this first crystal right where your heart chakra is, horizontally. See this new crystal, also, with your in-breaths, being energized with the energies of Unconditional Love and the energies of undifferentiated Light. Trigger the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

Just keep breathing, and allowing, seeing, imagining, visualizing…and again, as you breathe in, both these crystals are becoming energized with the energies of Unconditional Love and the energies of Light. Now let us see these crystals spin, turn—you choose which way you are going to spin these crystals. And again, we're going to work with breath. As you spin these crystals, every time you breathe in see the spin or the turning getting faster, and as the speed builds up,
see the crystals becoming further energized with the energies of Love, and the energies of Light.

So now, the crystals are spinning, spinning, spinning; turning, turning, turning—and becoming even more energized with the energies of Love, becoming more energized with the energies of Light. So now, as we spin these crystals, we didn't tell you that we're going inside our own bodies using this crystalline Light Body. We're going to shrink this crystalline Light Body until it is so small that you may pass through the wall of a single cell of your physical body. So now with each of your out-breaths, see, feel, imagine, allow yourselves to become smaller, smaller, smaller—shrinking, shrinking, shrinking—smaller, smaller, to the size of a pinhead, smaller to the size of a speck of dust. Now shrinking, shrinking, smaller than a speck of dust, down to the size of a bacteria, a virus, a microbe, and smaller—shrinking, shrinking, shrinking.

And now we ask you to go into one single cell of your physical body. Go through the wall of the cell. You are so small no damage will occur. And now, look around inside this cell, and see your crystalline DNA. How many strands of DNA do you have lit up? You may be able to see the DNA spiraling upwards and upwards, through your cellular structure, connecting with Mother/Father Source, with God—and spiraling downwards, connecting with the very heart crystal of the Goddess Gaia, planet Earth, your Earth Mother. Now, some of you may have more than two strands of DNA lit up, activated. If this is the case, don't worry. Just stay until we catch you up with the activation. Understand that these activations not only connect you with your Higher Self, your I AM Presence, but with Mother/Father Source, and the Goddess Gaia.

We're going to activate for you your DNA with the Divine Light Codes, with the energies of Unconditional Love, with the Sacred Geometry, the Fire Letters from the Sacred Languages, the Key Codes from the Keys of Enoch, the Mahatma energy, the Christ Light. So all we want you to do is to visualize, see, allow, imagine the DNA expanding, two-strand after two-strand, and becoming activated with these codes.

So, now see the first two strands of DNA—everybody has at least two strands lit—see this DNA spiraling upwards

and upwards to the Source, and downwards into the heart of the Earth Mother. [pause] And now let us activate these two strands of DNA with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the fire Letters from the Sacred Languages, with the energy of Unconditional Love, the Mahatma energy, the Christ Light. See these strands further lighting up with this energy. See the crystal becoming programmed and activated.

And now expand this DNA by two more strands, and again see these strands spiraling upwards and upwards to Mother/Father Source, and downwards into the heart of the Goddess Gaia. And again, let us activate these further two strands of DNA, making four, with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, with the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy and the Christ Light. Trigger the Light—trigger the Light, the Light, the Light, the Light.

So now let us expand this DNA by another two strands, making six, and again see them spiraling onwards and upwards to Mother/Father Source and into the heart of the Earth Mother. Let us activate these further two strands with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ light.

Now see them expand by another two strands, making eight. And here again we do the same thing, connect upwards with Mother/Father Source, connect downwards with the heart of Mother Earth. And again activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, the Mahatma, the Christ Light.

See and feel the next two strands, making ten. And again, see these ten strands spiraling upwards and upwards to Mother/Father God, and spiraling downwards to the heart of the Earth Mother. And again we activate with the Divine Light Codes, with the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, energies of Unconditional Love, the Mahatma, the Christ Light. Trigger the Light, the Light, the Light—trigger the Light, the Light, the Light. Trigger the Love—trigger the Love, the Love, the Love.

So, now we go to another two strands, making twelve. And again, we activate by spiraling upwards and upwards to Mother/Father Source, and spiraling downwards to the heart of the Earth Mother. And again we activate the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, Unconditional Love, the Mahatma energy, the Christ Light.

So now, let us bundle, or gather these twelve strands of DNA into one bundle, pulsating with these codes and activations. And now, see, feel, allow imagine, visualize another bundle of twelve strands of DNA. And now let us integrate this further bundle of twelve strands of DNA with the twelve strands of DNA that have been activated. And as these strands of DNA merge with the activated strands, they as well become activated with these Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma energy, the Christ Light.

Now there are twenty-four strands of DNA coded and active. Now let us again see another bundle of twelve strands of DNA, and let us merge these strands, this new bundle of twelve strands of DNA, with the twenty-four active strands. Just allow them to all become one bundle, and as they merge with the twenty-four active strands, they also become activated with the Divine Light Codes, the Sacred Geometries, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energy of Unconditional Love, Mahatma, and the Christ Light.

So now let us move from DNA. You can move through your own cellular structure, with your own miniaturized Light Body, until you come to your heart. Your physical heart that works for you without question. It doesn't say, "I don't love you, and so I will not do for you." As long as you love yourself, your heart loves you, and this heart pumps blood to every part of your body physical, to the furthest reaches of your physical body.

Your blood is living crystal, living liquid crystal. Now we're going to spiritualize your blood. Your blood is going to become spiritual light. So now, as this blood is pumped through by your heart, let us code the crystalline nature of this liquid crystal, again with the same codes, the Divine Light Codes, the Sacred Geometry, the Key Codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the codes of Unconditional Love, the Mahatma, and the Christ

Light. We see and feel the liquid crystalline blood pulsing through your body, spiritualizing every part. You are, understand, becoming spiritual light. Trigger the Light—trigger the Light, the Light, the Light. Spiritual Light.

Now understand that the crystals that are, the vitamins, the minerals, the salts, the metals, that are within your body physical, let us reprogram with these spiritual codes, the Divine Light Codes, the Sacred Geometries, the Key codes from the Keys of Enoch, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

Trigger the Light—trigger the Light, the Light, the Light. See, feel, allow, imagine yourselves, visualize yourselves, each and every one of you, becoming spiritual Light. Because you ARE spiritual light. You are beings of Love, beings of Light. That is your natural state.

So now, let us code the water in the physical body—the water is also liquid living crystal. Let us program the water with these Living Light Codes, with the Key Codes from the Keys of Enoch, the Sacred Geometries, the Fire Letters from the Sacred Languages, the energies of Unconditional Love, the Mahatma, the Christ Light.

And now, let us program the whole of our cellular structure with these energies. I now ask and demand the removal of all fear from all these one's cellular structure, and the residues of the knowledge of disempowerment, the residues of the knowledge of being disconnected from the Source, Mother/Father, and not feeling Unconditional Love for yourselves. I now remove the codes that stop you from receiving ABUNDANCE on all levels. I now remove the codes that stop you from shining bright, and giving Love without fear in your hearts. I recode your cellular structure with the geometries of Light, and the geometries of Love. Understand that that's what you are—Love.

So now I also activate and clear with the energies of Love and Light the dense organs of your physical body, your liver, your kidneys, your spleen—I remove all fear from these organs, and activate within them the Sacred Geometries of Light, the Living Light Spiritual Mandalas, which will allow you to be the gods that you really are. [pause]

Now I will ask you to leave your bodies through any way that you wish. You may come out through the wall of a single cell, you may come out through your eye, your mouth, your nose, your ears—any way that you would like. I would like you to exit your bodies—NOW!

And then, with the in-breaths, let us make this Light Body bigger, until it again integrates with our body physical. So, with each in-breath you become bigger, bigger, bigger, and bigger, bigger, bigger—integrating this Light Body with your physical body NOW after it is returned to normal size.

I ask on behalf of you all, I ask your helpers, your guides, the Masters with which you work, the Multidimensional Councils with which you all work (but maybe not, at this time, realize)—I ask and demand on the behalf of all of you that these activations are held steady.

So now, I ask that, again with your in-breaths, that you move your bodies around a little bit, that you move your heads, that you move your fingers and toes, maybe shrug your shoulders—but don't move too quickly, because if you do maybe some disorientation will take place, or you might feel that you're not all here. So just move slowly around, and integrate your consciousness, and we'll give you some time for this integration to take place.

RE-PROGRAMMING DNA (Baba—Crystal Workshop, Bordeaux 2002)

DNA is crystalline. RNA and DNA hold the codes for the form of our physical body and our consciousness. Some have a hard time understanding how DNA relates to consciousness.' People continually underestimate the importance of the sequences of codes in our DNA structure. There was a question: "Could we be born with programs in our crystalline nature not really conducive to our forward movement into wholeness?" And you remember my reply was "Yes". Now you have to first of all understand there are no such things as victims in creation, and that all of us, not

only on this Earth but every being that is alive somewhere in any dimensional reality, in any universe, any planetary system, is on a journey. You have to understand that about these beings who have tinkered with our DNA. We often make judgements about them, calling them bad, negative or whatever—but they have also been created by Mother/Father God and are also part of the adventure of consciousness moving to wholeness. Their part in the cosmic plan is to keep pushing others to become more determined to find freedom through unconditional love. Some people say that their agendas are outside of the cosmic plan, but I don't see it like that. They just keep pushing us and pushing us, until we have the realization to stand in our own power, until we say: "Well, I'm not going to take anymore." They have worked as well on what people may call our disempowerment in so many different ways.

It is very true that many human beings hold sequences of information, or codes which contain information, which limit consciousness. These codes are contained in our DNA. You may start to realize how important it is to actually reprogram our DNA. Understand that many human beings only have 2 to 4 strands of DNA active, and there may also be limitations in the programming. There is information missing which triggers consciousness. Now if you think you have 2 strands of DNA active, you are operating into multidimensional realities. But let's focus on 3D for the moment. In fact, your awareness is not very high. If you have 2 strands of DNA active you probably use 6% of your brainpower, maybe 8% maximum. What about the other 92% or 94%? This helps you to understand your potential, so you understand that if you activate more strands of DNA with correct program sequences, your consciousness or your awareness goes out, out…. You start to realize your connection with the whole of creation.

So how do you reprogram DNA? It is the same way that you program any other crystal. But you need to program with the correct information. You have to understand that our DNA programming is linked to sound and form. Remember that the Bible says in the beginning there was the word and word was… In the Rig Veda, the oldest known Hindu scripture, it is said "In the beginning there was the Word, and the word was OM." All sound contains form. These forms are what we call sacred geometry. All the activation codes for total consciousness are contained in languages. These languages known as sacred languages are the ancient forms of Hebrew, Chinese, Tibetan, Egyptian and Sanskrit. This is why we work with the letters of the sacred languages. You have also to understand that the letters of the sacred languages have been corrupted along the way. When they were really corrupted was during Babylonian times. With the corruption of the languages was brought about a limitation in the expansion of consciousness. [In English we translate this word Babylon: we split it into two words and we say, "Babble On".?] Through the corruption of languages we experienced another limitation of consciousness and in the coding of our DNA. One of the things that we can do is, through the correct programming of our physical and etherical DNA, to rapidly give us access to expanded reality. If we say higher levels of consciousness that doesn't mean superior in some way, or that it is more holy or something like that. We mean higher vibration. It is better to use the words expanded consciousness rather than higher consciousness.

DNA is not only in the physical body; it goes also through all your multidimensional bodies, through your I Am Presence, through the Central Sun to the Source of creation, what we know as Mother/Father God. It also goes down into the heart of Mother Earth. With correct activation, it gives us access to all that is. It doesn't take a lot of working out, it means you experience enlightenment.

There is a simple way of explaining DNA programs and codes. If you are a computer user you understand that if you want to do a certain task with the computer you need to load a program, which relates to that task and if you don't have the program you can't do it. You can have the most fabulous computer ever built in the world; if you don't have the operating program in it you can do nothing. It is exactly the same with the DNA.

How do we do this? There are very few people upon this planet that have a pure DNA, for the simple reason that there has been so much interbreeding. Of course, at this time in our history, governments prefer to keep the existence of extra-terrestrials away from the people. Through conditioning in their conscious minds, a lot of people find the concept difficult that over millions of years on planet Earth humans have interbred with other races, from other places, from other star systems, from other planets, etc. The result of this is that people don't hold pure human DNA, and they have a harder job to realize their true potential as human beings. Notice I said limits the potential; I didn't say cancels human potential.

There are three types of beings in creation: human, reptilian and insectoid. Humans were created to realize a certain

potential and reptilians created with a certain potential, same for insectoid. But the way we realize those potentials are actually different, so the journey, the path, is different. If we have DNA coding, say from another humanoid race, who were created to take a different journey home, what it does is that it holds back. Ultimately you have to realize that all beings in creation have the same goal, but the ways it is achieved are different. At this moment, the way I see it is that the reason why Mother/Father God created us is to experiment through the creation, and that is why creation is so diverse. So we have certain choices known as free will. In fact, what this free will means is that we can take the straight-through express to empowerment and unconditional love, or we can take the scenic route. Originally the plan for humans was to use the express, but the pushing by the others has created blockages in our consciousness. Of course people who are into victim consciousness see that as victim disempowerment. When you take the scenic route, you have the choice of stopping often here and there and everywhere, doing whatever you want to do. If the train stops often, you can have adventures and all the rest of it. You've got the opportunity to create your own agenda. But when the express goes straight through, you don't have that opportunity—the express company did it for you. Others create their own agenda on the scenic route, so some beings look at Earth as a choice real estate, and they use people there as they would horses, like animals working for them. They consider humans as eventual slaves. It is like a diversion for us on the scenic route.

Remember, you don't live once, you live to die and die to live. Most humans have difficulty with that one because they interact so actively with the illusion in 3D through their emotional bodies that don't want to leave. "I don't want to die!". These days if you live for a hundred years you consider that you had a long life. I can remember this planet when we would live 4 or 5 thousands years and you could have a lot of adventures during that time. But we actually understood that we were adventurers in consciousness, and we realized that after all that long time we wouldn't mind going through the ascension process. Holiday from this place, gone! These days you hear so many people that hate to be on Earth but still don't want to die. Humans are crazy or what?

These beings who have the agenda: "OK, earth seems to be a nice place, I think we'll take it over, there are a lot of humans that can work for us, we can make them all our slaves. But wait a minute, they have the potential to realize they are gods and goddesses any time and if that happens they won't be our slaves anymore. Never mind, we'll change some of their codes in their DNA then they wouldn't know anything." Another method of controlling us has been to shift the magnetic field of the planet, so that our technologies, and our memories, no longer function.

You have to realize that there are no victims; there are only adventurers in creation.

Programming is the easiest thing in the world. First of all you need to understand is that it all has to do with intent. With crystals, you take one in your hands and allow the energy to interact with you in any way. As you interact with the energy of the crystal, what I'm going to do is to just increase the amount of energy that the crystals are working with. Now I am going to deprogram all these crystals and I just want you to keep in tune with their energies. I formulate the intent in my mind: "You will be deprogrammed" and I pass this to the crystals. Now I am going to reprogram the crystals with a series of commands or intent. The first is: "You will channel the seed blue print for creation, the flower of life." Then, "You will channel Christ consciousness." "You will channel the energy of unconditional love; you will channel the Mahatma energy. You will be self-cleansing. You'll work when I say work and you'll stop when I say stop." With my work in crystals nobody can change the program except me and with others' crystals nobody can change the program except the keeper. I transfer that intent into the crystals. Programmed! Now work!

You can also add to your crystals any other programs that you may wish including the usual channelling the divine white light and doing work according to the Divine Will.

You can also program them to bring in the cosmic fire letters from the sacred languages. You could also program them to remove the disempowering sequences of your DNA. And to activate in accordance with the Divine Will your axitonal lines. I'm going to put these programs into the crystals now. Just keep your awareness there. May be you'll feel a few changes in the energies. There is no competition here so don't worry. I put the program into the crystals now.

Bring back your awareness into the 3D focus. That's the simplicity of the programming. DNA, for example, needs

more specific programming and deprogramming but it's the same concept.

What are axitonal lines? They are lines that are in the body which are not meridian lines. They are not pathways of the nervous system. They are not of the blood circulation system. They are energetic lines and they are actually running straight down through the body. They connect you with the axitonal lines of Mother Earth. If you think of axes, it aligns you directly with the same lines in Mother Earth; so therefore you have a very specific connection.

Bringing these axitonal lines into alignment is actually part of our journey to enlightenment. 99% of humans have seals in their axitonal lines, in the lines running on the left side of the body. These blockages are so powerful in your system that usual ways of clearing blockages don't work to release these seals. We have had them for millions of years. It is a part of the dis-empowerment plan. In some ways, the good news is that I have been given the information on how to clear these codes by using a series of sounds that we call "veca codes". With these codes we can bring the sequences in our DNA code back to integrity as well, because both are linked to limitations of consciousness. During the ten years that I have worked with DNA programming and reprogramming, it's very unusual for people to really understand or to integrate the importance of our DNA coding. If you don't work with your DNA coding you will never reach enlightenment. You can't tune a radio to high frequencies if it's not able to receive them. It is as simple as that.

Now we have these sounds. All sounds contain information. It's like the last CD I made. We coded the music in association with the energies of the 12 chakras [Mahatma!—see below]. I have seen 3500 people grooving to the music, and it's amazing what happened. Each sound has coded information. I projected laser tetrahedrons lights into the auras as they danced. Lots of fun!

I realized also a number of years ago that these axitonal lines connect with the lines of Mother Earth, but they have also an aspect which involves all the galaxitonal lines. You can align with the Central Sun. Personally I really feel that it is important now that we do have these clearances of these seals and this activation of those axitonal lines, and have alignments with them, because we won't reach final levels of consciousness without that.

People look for this ascension and this enlightenment and this pushing in genetic codes and DNA says it is possible. It is possible but you have to be on the planet first. That's why you are here. That's why you can't force your ascension process. The only time when you can ascend is when you have been on the planet. It's essential to learn to be here now. That's why so-called spirituality is not about control and repression. Spirituality is about integrating your self on this planet and integrating yourself with everything here. It is not repression. It is not punishing you, limiting yourself for so-called spirituality is control.

We'll work briefly with some sounds and DNA. These sounds remove seals and blocking sequences codes from your DNA. Now you close your eyes and take some deep breaths. Just see or feel yourself as a double-terminated crystal. The top point of the crystal is hand length above your head and the bottom will be hand length below your feet. We'll do a very simple visualisation. Just see if you can your DNA spirals rising up to Mother/Father God and down into the heart of Mother Earth. I'm calling my cosmic reprogramming team and I ask my team to work with each individual, with each and every one of you to start to just remove some of these blocking series of sequences in the codes. I ask for that now.

You don't have to do anything, relax completely.

I'm going to chant the names of these sacred languages as we activate the codes: Hebrew… Egyptian… Chinese…Sanskrit…Tibetan. This brings the cosmic codes in accordance with divine will into your crystalline light.

Now we are all going to chant some sounds. I will chant the sounds first and then you all chant the sounds afterwards, not from your throat but right from your diaphragm.

Kee Sha Ra Mo A Va Ah Sha Shar Daza Shee Ma

Axitonal alignment. Galaxitonal alignment. We bring that to you.

With your breaths, come back to the awareness of your body.

Germain has had a lot to say about stepping into our Mastery. He has also chided that he underestimated the capacity of humans to limit themselves through denial. Acknowledging and accepting your Mastery is a major part of Shamballa. This is the giant leap of humankind—into Freedom.

I Am That I Am—these words set up a powerful manifesting vibration. When we say "I am….", we are creating whatever we say. Being a Master means being a master of oneself. Listen to yourself, speak only what you wish to happen, set your intent only on what you desire to create. We create all of the time, but a Master creates intentionally, not by accident or haphazard as do much of the rest of humanity. Listen to your "I am's", and catch and correct those that you do not really mean to create!

On Giving Away Your Power
(Ascended Master "Religion", etc.) Channelling the spokesperson of the
Confederation of the Free Worlds by Hari Babba during the "Living Essences 1" workshop

Here is a very important message, not only for the people in this room but also for everybody on planet Earth. The basis of this message is: Never, never, ever try to give your power away to something outside of yourself.

There seems to be an idea in the collective consciousness on planet Earth, through conditioning, that there is always something or somebody outside of yourself that knows everything. It is not true. It is another thing happening upon the planet to keep the energy of disempowerment in the consciousness of the people. There is this huge movement that seems to be building again on the planet. This movement, we should call it a modern form of disempowerment. I would call it the Cult of the Ascended Masters. People have a tendency to believe that the Ascended Masters know everything, that they are perfect in every way, that they have access to all the knowledge and energy in whole of creation. It is not true. The Ascended Masters will be the first people to tell you it is not true. Where organised religion is concerned, there is this idea that the priest [or the Guru] knows better than you, that the priest has a better connection with God. It is not true.

People have gone from the "old-fashioned" religion, but without changing their attitudes. The new religion is that the Ascended Masters are the new gods. The Ascended Masters, of course, at the end of the day, do not deny that they are gods, but they remind you that you are also gods. This is really important to understand.

I hear all kinds of stories in my life, during my travels. I do this kind of work continuously all over the planet. People say to me: "The Ascended Masters told me to do this, and this, and this. I didn't want to do it but anyway I did it and things that have happened to me since, I don't particularly like". My reply is: "Why did you do it then if you didn't want to?" The reply to that is again: "Well, the Ascended Masters told me to". My reply to that is really just a few simple words: "So what? Did you learn nothing about standing in your own power? Did you not listen to a word that was spoken in any workshop you attended about standing in your own power and being your own person?"

I find totally amazing that people are willing to give their power away to something outside of themselves in such a way. To me, yes, I have a constant connection with these energies and these beings and sometimes I may even ask them for some advice, because they are my friends, but if I don't particularly like the advice they give me, I just say: "Thank you very much but I'm not going do that".

It is most important to understand that you must not give your power away to anything outside of yourself because, as part of the creation of Mother/Father God, you have the perfection of creation in your seed blueprint. Any dis-ease that you suffer is created by not allowing that blueprint of perfection to manifest though you. There is nothing else. The reason why we suffer from dis-ease is because of the illusion of separation and our continuous attempts to deny our true selves. That is the cause of all the physical dis-eases.

When we work with the cosmic properties of gems, of flowers, with the life force of any substance, that life force interacts with our life force to bring us back into harmony and balance. The reason why we created the gemstones,

flowers, trees, etc. was to bring these cosmic energies of the knowledge of wholeness in harmony and balance into our earthly context. Of course we, in our physical bodies, not we in our entirety, are also part of that manifestation of wholeness. It is only through the creation of and the interaction with the illusion of duality and separateness that we do not remain whole. Remember this and don't give your power away.

Yes, sometimes, they (the Ascended Masters) may have more experience in certain fields than you have so they can help you through their experience but they don't know everything. Also, don't get hooked up or don't get obsessed by the Ascended Masters because in fact there are billions and billions of other energies of other beings in creation throughout multidimensional realities who also have many skills. Many of them have also taken their ascension. It is necessary to understand that when a being has just taken their ascension and has a degree of multidimensional realities, he is still working on the realisation of his perfection. Don't work with the illusion that if you have taken your ascension there is nothing else to do except to hang on in multidimensional reality and be cool!

In fact, the way creation works naturally is in constant forward movement. You may be surprised to learn that Mother/Father Source is constantly learning. Don't get stuck in the idea that once you have achieved your ascension, it is the end of the road and everything is just to be sitting on clouds and playing harps. There are plenty of things for all to do. Whether this knowledge makes you happy or miserable, I'm not particularly interested. Just never think that you've got to the end of the line -I find this very exciting that you never get at the end of the line- until the end of a round of creation when there is the true merging with the Mother/Father Source. That's the only time that is the end of the road. So don't consider that people in other dimensional realities know everything, because that is just part of the illusion.

As I said before –but some of you probably have not heard it- if things continue to go as they are at the moment, with people attempting to give their power away to these beings we know as the Ascended Masters, the Ascended Masters are saying that they are going to withdraw all communication with this dimensional reality. That will stop people from giving their power to them. It will force more and more people to stand in their own power, with their own I am Presence.

Never think that you are anything less than Mother/Father God.

If you insist on giving your power away, give your power to your I am Presence, and allow the glory of your I Am Presence to manifest through your physicality in this dimensional reality. Your I Am Presence is not something separated from yourself. The reason why you are living in this physical body in this moment is that your I am Presence chose that. A lot of people forget that through their interaction with the illusion they think that they are just that body. In fact, their I am Presence uses this body to experience in this dimensional reality. Because of the interaction with the collectively created illusion of this dimension, people forget that.

So, if you insist on giving your power away, I would advise you to work on giving your power away to your I am Presence. Then your plan for this lifetime can manifest through you in an easy way, and you will find that all the struggles in your life melt away. The only reason why you have struggles in your life is because you are not doing what your I am Presence brought you here to do. Your I am Presence is the reason why you are here.

Each and every person came to do certain things, whether it is to teach others great lessons in different ways, or to learn how to stand in your own power in this dimensional reality, or to empower people through love. The reasons for being here are as many as there are people on the planet. Each one has a unique place in the cosmic plan. Even the people you would judge to be bad, or evil, or whatever. They are all playing their part in the plan.

Do you know what the cosmic plan is? For everybody to realise that they are gods and goddesses, standing in harmony and balance, no judgement. There is no such thing as good or evil. Everything just is, existing in perfection in the moment. Everything happening on and around the Earth happens so that people will come to this realisation. Mother/Father God doesn't mind how people are brought into this realisation. In fact, human beings, if they feel the need, can actually destroy themselves. If they feel the need, they can also destroy the planet. That's not a problem for Mother/Father God. Mother/Father God will just create another race, another planet. No judgement. You destroy and kill as much as you like until you learn that all there is is love to support each and every being, each and every world.

You know yourself as the human race. You are familiar with the types of bodies through which you can experience upon the planet. Original differences were created by heat and cold. But it might surprise you if we tell you that in fact you are not the first humans that were created upon this planet. Where are those humans now? They don't exist upon the planet anymore because they destroyed themselves but the spirits that inhabited their bodies, or shall we say, to make it easier to understand, the souls that inhabited their bodies now inhabit your bodies. You can see that even if you destroy yourselves or destroy your bodies you don't destroy your true self.

From the perspective of Mother/Father God free will was given to this planet along with other planets within your solar system and through this free will you already made other planets uninhabitable in the way that you understand habitation –Mars, Venus, just to speak of two. Through the action of the beings that were also humanoid beings on those planets it is now impossible to live there in this type of bodies for the ecosystem and the atmosphere have been destroyed. And if the ecosystem is destroyed these biological forms or physical bodies cannot exist without water and oxygen. There is no breathable atmosphere. We would remind you that even your investigating scientists at this moment say that they think they have found frozen water on the planet Mars. They already are starting to think that there must have been an atmosphere similar to the atmosphere of the planet there. In their naivete in the past they always said that life would not exist in a place like that. Of course, in the circumstances they see now it would not exist, but in the past it did.

You have the free will to destroy yourself or to live in your own power. This is the choice of every individual and the things that you see happening around you upon the planet are a representation of what happens in your hearts and your conscious Minds. These struggles, the need and the hunger for material power, the feelings of need to have power over others and control others in their actions, these are the reflections of the consciousness of many, the outward manifestation of their inner realities. It is very easy to change the world. Change what happens in your hearts and in your minds and the world will change with you. This is the choice and it is yours to take; for every human being, it is the choice to make.

For we, Mother/Father God and the creator Gods have all the time that we need. We have all the time we need because time is an illusion. We are not governed by time. Only humans govern themselves by time. We can wait as long as it takes but our choice is that you listen to our words and stand in your own power. Be steady in your hearts and minds and you move forward very quickly. Cease the inner struggle, allow the perfection to manifest through you and the next level of your experience on this planet will start to manifest very quickly.

Would you understand that Mother Earth is a multidimensional being like you are? She has a body in every dimensional reality just as you do and it is the same for her and her children. When she decides to take her ascension she just integrate in another dimensional aspect of herself.

You have the choice of making those steps along with her. As we said, Mother/Father God is in no hurry and if you don't wish to make the steps into wholeness and power, that's all right. There is no judgement. We already have other planets prepared for you where you can continue to disempower each other, print your money and build your weapons, control each other through lack of food, through lack of education, materially and spiritually, lack of resources and housing until such times that you realise that this is not what true life is.

For us, we would see that the most preferable choice is to move into your own power and cease the struggle. Ask yourself: "Is my continual struggle making me happy? Does my continuous denial of my god-godessness help me in standing in my own power? Does it make things easy for me in my life?" We would hope for you, not for us because we love you exactly as you are without judgement but we would hope for you that the answer would be: "I want to make changes now".

Of course, the constant human question is: "How?" The answer in totality from Mother/Father God is: "Just do it". Just allow the glory of your I Am Presence to manifest through you. There is no question or argument. At this moment the human race stands at a crossroad. The more people are standing in their own power at this moment will have a strong effect on what happens to the human race next. Would you prefer the creation of a heavenly situation upon the Earth –when we say heavenly situation, we don't mean anything religious or biblical—where all are taken care of,

supported and loved, and given the situations that they need in order to learn who and what they are? Or would you prefer another ongoing period of struggle?

There is a choice but I know, we know, that humans, deep within them, have knowledge of their god-goddessness. It is not only coded in their light bodies, but in their DNA. Deep down everybody longs for this oneness and this wholeness. Our advice to you is not to long for it but to do it.

So, my friends, this is a spontaneous channelling. It amuses us because the channel was not prepared, but we have spoken out. It was decided that through the openness of the channel we would take the opportunity to speak. This channel, of course, does stand in his own power and had the choice to say yes or no.

In fact, we are a group of beings that are a collective consciousness. We are not the Ascended Masters. We are a multidimensional group of beings from multiple worlds—humanoids, reptilians and insectoids. We belong to a group which is known as The Protectors of the Emerald Covenants of the Free Worlds, and our group, or you can say our organisation, is known as the Confederation of Free Worlds. You might ask: "Is planet Earth a member of the Confederation of Free Worlds?" We would say to you officially: "Not yet". For the simple reason that human beings haven't realised their freedom yet. Or I would rephrase that slightly and say that there are many human beings that still have to realise their freedom.

This day is coming quickly. This is why we are asking each and every one of you to stand in your own power, because then you will achieve freedom. When you stand in your own power you cannot be cowed by governments. You are not afraid of governments anymore. The most extreme scenario is that they can destroy your human body. Notice that I didn't say the worst, I said the most extreme, for you can always incarnate again. So it is not really bad, it is just a change of body. As you stand in your power you are free from the fear of oppression, you become unshakable in the faith that you are pure love, that you are Mother/Father God incarnated in this body. The will of Mother/Father God will manifest through you.

You have choice, humans: spend another few million years in the slavery of the illusion, or be free now. We hope you make the choice of freedom, so we can welcome you with open arms into the Confederation of Free Peoples.

My friends, I have told you who we are, we have told you what we do, we have given you some ideas, some advice and information. Don't give your power away to us; we have all the power in creation. Stand in your own power and be the Gods and Goddesses that you are incarnate on Earth. Don't campaign for peace outside of yourself. Make peace with yourself. As your great teacher, your great master Gandhi said: be the change you want to see upon your Earth and though your change everything changes.

With our love we leave you now. My name is not important. I am just a spokesperson for this group. This channel has agreed that within the coming one or two years he will convey some of our messages to you. We will, at some time perhaps, give you some names, but at this time names are not important. We know the human potential for getting caught up with names. At this time we will only say that you may know me as the Spokesperson.

My friends, in the energy of Mother/Father God's perfection and purity, I salute each and every human upon this planet, and we leave you in showers of our love.

On Dodgy Channeling, Light & Dark, & other Weighty Matters
Baba & Germain at the Gem Remedy Workshop, Oct. 2003

There can be a reasonable amount of delusion [in some channeling] because of this need to be important, this need to be recognized, this insecurity, and not understanding their place in Creation. Some people will listen to any kind of

channeling, and they'll bring through any kind of channeling. Also as well, there is no channeler in the whole of creation that has 100% pure information. Sananda told me this years ago. It comes through the brain and it's processed, so there will be an aspect of your character mingled with it. So I asked him the best way to check out how straight a channeling is. He told me that the rules are very simple. If there's any fear-based information about destruction of individuals or the planet…ignore it. You may be privy to information that you can pass on to groups you work with, to alert them to certain possibilities, but don't bother about these widely-circulated predictions of mass destruction. Also watch out for those channelings that tell you how beautiful you are, how wonderful you are, we love you, don't worry, we'll fix everything up—just give your power away to us and we'll deal with the lot. That's dodgy channeling as well. And don't forget to send all your cash…..

I'm very familiar with the energies that I channel. No one can duplicate the true essence of Germain, for instance. I do have them try it, mind you! But I know that is isn't Germain. So I just tell them, "I'm surprised you're trying to pull this one again! Bug off!" But that's come to me through experience. I've been told a few times that I'm not channeling Germain, it's just from my ego. Well, I'm extremely confident in what I do, and that can be construed as coming from ego, because I don't have any aspect of my character that says that I can't do this. I know that I can do it. So it's like anyone else who's extremely competant. When you get the master craftsman, he's not saying "I can't carve this stone," or "I can't build" or whatever. He knows he can do it. So that's where I'm coming from. Becoming confident in the way that you channel is the way to keep your channeling as focused as possible.

There are all kinds of ways people say you can check things, but I consider that's giving your power away. If you have the focus in your heart, in love, then there's absolutely no dodgy energies that can come through you. It's as simple as that. It's only when you have some aspect of fear, or denial, that you're open for the tricksters.

You also have to understand, and many people miss this, there's so much judgment on earth and so many people are very quick to judge—what most people don't understand is that these energies that many call "negative'—and I don't usually use that word, because it's a judgment—also "dark energies"…You have to understand that these supposed "dark energies" are actually working in the Divine Plan. They didn't somehow appear in creation without the energy of the Creator being involved in their presence in the universe. Now these supposed negative energies are working in the Divine Plan, because if there were no darkness, you wouldn't know what light was. And the more that you're pushed by these supposed negative energies—their place is to create darkness so that you can understand light—but also to push you, and push you, and push you, and push you until you say, "Hey! I ain't gonna take this! I am in my own power. I am love and non-judgment in my own heart. And that is their place in creation.

But through the way that the Truth of the One, of the Source has been twisted and turned, and used as a control system through religious philosophy, you're brought into this frame of mind that you're a victim, and you can't do anything about it. So you start thinking, "If I'm going to channel, what do I do about negative energies?!" Hold the love in your heart. Where there's light there's no darkness, remember?

You know, when you turn the light on, the dark goes, doesn't it, even if it's only the electric light. So you have to understand that you're NOT victims, and you don't have to be susceptible to such energies. But through religious conditioning you're brought into the frame of mind that you're a victim and you can't change anything. You're a sinner—that's the reason why you're born, in Christianity, because you're a sinner. You start off with that conditioning, which makes it hard to break out of it. The idea is not to even give you a chance. To keep you in that frame of mind. It's like the old adage, "Shit happens"—well, I prefer the Rastafarian version, "We smoke that shit" to the Christian "Work harder and God will be happy." Then there's the Buddhist version, "What shit?"—you know, straight into de-Nile. The thing to do is to change it to "Shifts Happen." You can go from disempowerment to standing in your own power in a second. You can defeat your conditioning in a moment, or take a million lifetimes to do it, while interacting with these "dark beings" until you reach that point where you say, "Hey, hang on a minute! I've been through a million lifetimes on earth, but now I've just had this realization…."

That's why people keep coming back here, to planet earth—because it's a great place to have the realizations. Once you're out of here, once you make it through to the eighth level, where your I Am Presence is, once you make it to I Am level, or just beyond I Am level, there's no duality whatsoever. We ourselves created the duality, and we created the duality so that Mother-Father Source—not Yaweh, the genetic engineer from Orion that people call "God"—but

Mother-Father Source created all of these I Am Presences, so that He-She-It could experience through It's creation. You are a part of Mother-Father God, so that's why you are free to have as many experiences with darkness as you wish, or as many experiences in Light as you wish. You see, this puts a whole different angle on the whole thing. Life becomes a whole different ball-game. You're NOT a victim. They're not negative, they're not dark—hey! They're part of the plan! They're the ass-kickers! They're the cosmic butt-kickers. "Just keep kicking them, keep kicking them, disempower them! Disempower them, cut down their DNA capabilities! Cut down their connection with their I Am Presences! That'll make them work harder. That'll get 'em going." And "ok, you want more disempowerment? We'll dream up ways of disempowering you!"

Like I said before, even this whole idea of giving your power away to the Ascended Masters, it's all part of the same game plan to disempower you. The hope is that the stronger you'll become in the end. As I said, you can turn the light on anytime. Without the darkness you wouldn't know what the light was. Coming out of the darkness, you see the shadow, and then you see the light. Remember the immortal words of Bob Marley, "Now you've seen da light, stand up for your right!" What he meant was, "ok, you see da light mon, now stand in your power, for that is your right."

Stand up for your right. It's not a question of revolution against government. That does nothing. There's no point in rising up against government. It's been tried on many occasions. Revolution merely replaces one repressive system with another. Other people's ideas are again forced onto the population. And many get killed. What is the point in killing freedom-loving people for the sake of freedom? There's no point to it. Absolutely no point in it whatsoever. The revolution is consciousness. When everyone stands in their own power, what are the controllers going to do?! Well, you can't beat 'em, so join 'em! And it's the same with the so-called negatives, and the darks—when nobody can be manipulated anymore, when nobody can be kept in judgment, in duality and separation from the Source, from the Love—well, ok, job jobbed.

Because the natural state, the natural state of all Creation is light. People seem to think that there's going to be a blinding flash of light one day and we'll all be gone. Pfft! But we speak of harmony and we speak of balance. Harmony and balance are more important than the word "light" in this, because everyone has a dark side, a shadow side. You know the old idea of the devil, the devil is going to get you! What you weren't told is that the devil is you. Each individual. That idea of the devil is you, is your dark side, or your shadow side, and what harmony and balance actually means is light and dark balanced. Harmony and balance. So there isn't going to be any blinding flash of light and we all end up in some other dimensional reality, and everything is going to be light. That would be the end of this round of Creation. It isn't hard to understand, but what you need to do is to integrate it. Intellectual things only satisfy the mind, it doesn't do anything. You have to integrate it.

My ascension – BY HARI babba

I thought I would give you a light-hearted account of my own physical ascension, well back in '95 or around then. Maybe it was early '96, who knows, time is an illusion anyhow. I had been on one of my earth working trips in Israel. We had been at Armageddon and other places like Rhum el Hirea, and the Syrian border—what a trip—into mine fields on the border, under fire from the Israeli army, and lots going on to the extent that we even lost contact with the upstairs dept. and ended up in a hologram of some reality we did not want to be in.

Oh yes, we did lots in Jerusalem, as well as the Negev desert. Anyhow, on my return to England I was doing some processing n my stargate built of copper pipe, used to live in it a lot, I had been in it for about 9 months before the trip. This coupled with a good half a ton of crystals made life interesting to say the least!! Some use new names for these things now, like inter-dimensional gateways and such. Well, as I said, I was doing a bit of processing, some of it to do with my I Am Presence, and me supposed to be one of the Melchizedeks on earth, and such. Well WOW is all I think of now, when I look back.

I had been activating my merkabah for awhile, this I found was easy to do. I just affirmed that my star tetrahedrons were spinning faster, and so they did, up to the speed of light and onwards and upwards I used to go. Great tours of shamballa with Germain and Merlin and others. I reckon it must have been around '94 that I first discovered these

shapes around my body. I had seen them around other things but not me; I reckon that the stargate had a lot to do with it.

As I said, I was processing, and oh yea, at the same time some people in London were trying to get me to go public with who I really was, they were in touch with Drunvalo and others about it all.

I really thought that I was going through my 5th initiation, because my heart was breaking in two. It was my time to really start to learn about LOVE in a big way. Sananda had told me in Israel that he had done his 5th on the cross, and it seemed that I was being crucified in some way; amazing the states you can get yourself into if you allow it to get to you.

Anyhow, I was activating my merkabah and speeding it up, and I melted into a pillar of light. First I thought, "Oh a beam-up." I am used to that because I often visit ships and had asked my mate Modra the Andromedan to help me. As I went up the pillar of light, I noticed my body was not sitting cross-legged on the mattress on the floor. I thought, "Well hell, this is not the way it usually is." I found myself in a mass of white light, and some of my friends were there. I asked what was happening. They said, "You have ascended!!"

I said, "F*** off, how can I have, I am processing like hell."
"You have," they said. Well I will tell ya, I would not believe them. In the end they asked me who I would believe. I said, "Maitreya."
"Ok, we will get him," they said.
"Hi ya Das," he said. I said, "Look, man, these lot are really out of hand and reckon I have ascended." He said, "Yep, that's true."
"What about the processing?" I said. The answer was, "We all process in some way or another—so how do you think I ascended?"

So the tale goes on, but the upshot of it all was I decided to return to this earth for a bit and see if I could help others to ascend, as well as share some of the science of LOVE and wholeness.

I was gone for 3 days. When I came back I was told I had also taken my 7th initiation. "Oh well," I thought, "We will see what happens." There is loads more, but so what—we will have another light-hearted look at it all again.
Staying Healthy

We know that we are surrounded and permeated by pollution, unhealthy substances that do not belong in our bodies, but are there because we have created them and allowed their dispersal into our environment. This is hard enough to accept—what animal fouls its own bed? But now there are also some VERY dangerous substances that are consciously being allowed to be put into our food and personal products. Granted that this scenario is part of our self-induced learning process, but we as healing facilitators should be aware of these dangerous products, and warn others to stay away from them.

"DIET" DRINKS
So-called "diet drinks" do not contain sugar. Nowadays they usually contain a chemical called aspatarme—a scientifically proven health hazard. It has been implicated in the huge increase in incidences of Lupus, MS, and other neurological disorders in the world today. IT IS TOXIC. Why soft-drink companies are allowed to poison us I leave up to you to imagine. It's not hard to guess. But we CAN stop drinking these poisons, and warn our friends and loved ones about the dangers they pose. These drinks do not even do what they say—they do NOT help people lose weight. They contain a substance which prevents the body from ridding itself of fat. So they are useless as well as toxic. And they don't even taste good. Your choice. [See article in Supplement]

Stevia, a sweet food, NOT AN ADDITIVE, which helps in the metabolism of sugar, which would be ideal for diabetics, has now been approved as a dietary supplement by the FDA. For years the FDA has outlawed this sweet food because of their loyalty to Monsanto. [Stevia is now available in liquid concentrate and in other forms, mostly in Health Food stores. It is a tropical plant but may be grown in a greenhouse in the north.] It is available in liquid or powdered form, usually in health food stores.

TOXIC TAMPONS
These little conveniences have already been shown to cause shock and death, especially the "super" size ones. Now, guess what—they have been made even more dangerous. Some companies have been putting substances like asbestos into tampons, to make women bleed more, so that they will use more. And they already contain dioxin, another dangerous chemical—at least the white ones do, and I have never seen any "natural" colored ones (although they may be out there). Your choice.

TISSUES, TOILET PAPER, COFFEE FILTERS
Again, our little friend dioxin, in the pure white varieties.

FLUORIDE IN WATER
A very toxic chemical, with very adverse affects on the human body, is being fed to our children to "prevent tooth decay". ?????

GENETICALLY ALTERED FOOD
A little experiment on YOU by large food-producing corporations, in order to increase their profits and possibly destroy our total food supply (plants with sterile seeds—which can get loose and cross-pollinate with ordinary plants). Lethal….and dumb. Homo Sapiens?

ANTIPERSPERANTS
The leading cause of breast cancer is the use of anti-perspirant. A concentration of toxins leads to cell mutations: a.k.a. CANCER. Most of the products out there are an anti-perspirant & deodorant combination. Deodorant is fine, anti-perspirant is not.

The human body has a few areas that it uses to purge toxins: behind the knees, behind the ears, groin area, and armpits. The toxins are purged in the form of perspiration. Anti-perspirant prevents you from perspiring, thereby inhibiting the body from purging toxins from below the armpits. These toxins do not just magically disappear. Instead, the body deposits them in the lymph nodes below the arms, since it cannot sweat them out. Nearly all breast cancer tumors occur in the upper outside quadrant of the breast area. This is precisely where the lymph nodes are located. Men are less likely (but not completely exempt) to develop cancer prompted by anti-perspirant usage because most of the anti-perspirant product is caught in their hair, not directly applied to the skin. Women who apply anti-perspirant right after shaving increase the risk further because shaving causes almost imperceptible nicks in the skin, which give the chemicals entrance into the body from the armpit area. … If you are skeptical about these findings, I urge you to do some research for yourself. You will arrive at the same conclusions, I assure you.
[Katrina Scott, Asst. Director of Sports Marketing, U. of Maryland. P.O. Box 295, Cole Field House/Campus Dr., College Park, MD 20741-0295] [more on Breast Cancer on p. 70]

IMPORTANCE OF DRINKING WATER

1. 75% of Americans are chronically dehydrated.

2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. How many times have you heard anyone tell you to drink more water when you are hungry?

3. Even MILD dehydration will slow down one's metabolism as much as 3%.

4. One glass of water will shut down midnight hunger pangs for almost 100% of the test group studied in a University of Washington study.

5. Lack of water is the #1 trigger of daytime fatigue.

6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

9. If you start increasing your water intake and your hands and feet swell, it is not due to drinking too much water! Keep drinking the water it will pull the fluid off.

DON'T RE-USE THOSE PLASTIC WATER BOTTLES!

Hi Folks. Remember me harping on about platics in our lives, during the Shamballa workshops over the years? This is important, because the physicians recommend you do not use plastic, but glass. And remember what Dr. Blaylock says in Health & Nutrition Secrets to Save your Life:

So in the case of diet drinks in aluminum cans, the very toxic brain aluminum fluoride compound co-exists with multiple toxins found in aspatarme, thus creating the most powerful government approved toxic soup imaginable.

With the strong association between aluminum, excitotoxins, aluminum fluoride complexes and Alzheimer's disease, it would be completely irresponsible to encourage people to consume this toxic mixture. Yet, this is done literally billions of times every year in advertising. It is important to remember that the aluminum can has been around for only about three decades, and most toxin related diseases take years of accumulation to produce the full clinical expression of the disorder. Glass is the thing.

HSE Information-Danger of Reusing Water Bottles
The following HSE information comes from the Qld dept. of Natural Resources and Mining staff:

Many are unaware of poisoning caused by re-using plastic bottles. Some of you may be in the habit of using and re-using your disposable mineral water bottles (eg. Evian, Aqua, Ice Mountain, Vita etc.) and keeping them in your car or at work. Not a good idea. In a nutshell, the plastic (called polyethylene terephthalate or PET) used in these bottles contains a potentially carcinogenic element (something called diethylhydroxylamine or DEHA). The bottles are safe for one-time use only; if you must keep them longer, it should be no more than a few days, a week maximum, and keep them away from heat as well. Repeated washing and rinsing can cause the plastic to break down and the carcinogens (cancer causing chemical agents) can leach into the water that YOU are drinking. Better to invest in water bottles that are really meant for multiple uses.
This is not something we should be scrimping on. To those of you with a family, please advise them, especially children.

Graham Young Compliance & Competence Focal Point Sigma 3 (North Sea) Ltd.
Shell Exploration & Production; 1 Altens Farm Road, Nigg, Aberdeen, AB12 3FY

SEE SUPPLEMENT FOR MORE ON WATER.

SODAS: [I think this refers basically to the Cola drinks.]

1. In many states the highway patrol carries two gallons of soda pop in the trunk of their vehicle to remove blood from the highway after an accident.

2. You can put a T-bone steak in a bowl of soda pop and it will be gone in two days.

3. To clean a toilet: Pour a can of soda into the toilet bowl and let it sit for one hour, then flush.

4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap

aluminum foil dipped in soda.

5. To clean corrosion from a car battery terminals: Pour a can of soda over the terminals to bubble away the corrosion.

6. To loosen a rusted bolt: Applying a cloth soaked in soda to the rusted bolt for several minutes.

7. To remove grease from clothes: Empty a can of soda into a load of greasy clothes, add detergent. It will also help clean road haze from your windshield.

The active ingredient in [cola] soda is phosphoric acid, Ph of 2.8; will dissolve a nail in ~ 4 days.
To carry soda pop in their commercial trucks, drivers must use the hazardous material place card reserved for highly corrosive materials. Soda pop distributors have been using it to clean the engines of their trucks for about 20 years.

COFFEE & CAFFEINE
When I first started making flower essences in 1985 or so, I read in Flower Essences and Vibrational Healing [channeled by Kevin Ryerson and Gurudas from Hilarion, Chohan of the Fifth Ray] that caffeine temporarily destroyed the barrier between the emotional and mental bodies, which is why people can become easily irritated after drinking coffee, etc. Recently I read an article in Sedona Journal of Emergence, entitled "Caffeine, the Drug of Choice", channeled by Norma Gentile from her guides Altamira and Amano. They expand on this topic, so that we may understand how to use this drug wisely—and sparingly. I include a few exerpts.

Caffeine changes the relationship between your blood and your heart. Normally the flow of blood excites the heart into motion. But caffeine causes the formation of a thin layer of energy around the heart muscles. This energetic layer causes the heart to pump out of step with the blood flow…. This same energy that surrounds the heart muscle is mirrored by an energy that runs around the physical body …as an upper octave to the energy around the heart. It too promotes a motion of energetic flow that is out of step with the normal flow of the etheric body. This caffeine energy flows at its own rate and overtakes the natural waves of the etheric body. Over a few hours we see a buildup of shallow hills and troughs in the etheric body with very little natural movement.

As a result, there is a lack of communication with the physical body and the surrounding subtle bodies of the aura. This may appear as a bit of disorientation or disconnection. The mind loses its ability to consult readily with the spirit and often becomes fixated on achieving or completing tasks that may or may not be the actual will of spirit.

From the standpoint of a psychic, the effect of caffeine may appear as a movement of the general aura both upward and forward from the physical body. This exposes the backside—particularly the tailbone—the small of the back and the kidneys. There is a perceived loss of support from spirit in this very vulnerable area, and oftentimes a very real fear of attack emerges.

Remembering that fear is simply the acknowledgment of spiritual disconnection, it is clear that in this state one finds it difficult to receive the energetic feedback that might correct and bring to balance the physical body. Likewise, it is nearly impossible to connect with others in form, trusting and communing with them at the level of sacredness. Because of the disconnection from spirit, there is a greater dependence on the outward opinions of others….

But before you give up on caffeine, let us reflect on some other aspects of its interactions with the human body. There is a reason that so many are ingesting so much of this substance at this particular moment.

Those of the mystical paths know that caffeine acts to open the inner vision. A paradox, is it not? A small amount [around ½ cup or so] will connect you with spirit but any more will disconnect you. …Caffeine has the ability to open the sixth chakra, also known as the third eye. It works on the innermost portion of the chakra, that which we would see as the core [that part connecting with the pranic tube]. …The core of each chakra is timelessness itself. It is without a spatial reference and contains all of each body. Opening the core of the chakra opens the person into new realities. By opening the sixth chakra just a little, one connects more intimately with his/her own psychic power. …

The sixth chakra contains a number of interesting structures that you typically keep closed at this point in your

evolution. Ingesting larger amounts of caffeine causes the grid on these structures to decay. This allows an influx of energies into areas of your psyche that are private and not meant to be shared. As a result, with a few words from a stranger or even from normal energies in the atmosphere or environment, there is a sense of being attacked.

Your sense of privacy is heightened, and yet it is unattainable. Your ability to read others in increased, but then pain, anger and other experiences seem to flood into your psychic mind and lodge deeply in this core area of your sixth chakra. You become a channel for the world.

In reality the energies of others truly do not enter your mind. Rather the shared experiences that exist in higher dimensions linking you with all others are being exposed. The grids on the core of the sixth chakra serve as a covering to multidimensional portals. When the grids are dissolved, as caffeine may do, information from their lifetimes and probabilities can be accessed.

As a result, any energy to which you are exposed will trigger similar energies from all lifetimes, from all dimensions, from all probabilities, to come into your awareness. No wonder caffeinated people tend to overreact! Since you as a race tend to notice what you call negative emotions much more than positive ones, you are apt to see these first.

As we said at the outset, the timing of your society's fixation on coffee, chocolate and all things caffeinated is noteworthy. As a planet you are at the outset of feeling the fourth dimension in a day-to-day fashion. To be clear, you are not yet living in the fourth dimension, but certain ones among you visit it frequently. In group meditations especially we do see you.

Trust your own sense of connection. We want to welcome you into the knowing that comes with seeing through the dimensional veils. Yet we are aware that this must occur in your own time. For this reason we have shared this information with you so that you might knowingly judge for yourself how to use this drug. May all who read this be so blessed.

BRAS IMPLICATED IN BREAST CANCER
"If you didn't burn yours in the 'Sixties, you might want to put it away now. "Bras cause breast cancer. It's open and shut," says medical researcher Syd Singer. He and his wife researched how bras constrict breast tissue, hampering lymph drainage and causing degeneration. The Singers found that "because lymphatic vessels are very thin, they are extremely sensitive to pressure and are easily compressed." Chronic minimal pressure on the breasts can cause lymph valves and vessels to close. "Less oxygen and fewer nutrients are delivered to the cells, while waste products are not flushed away," the Singers noted. After 15-20 years of bra-constricted lymph drainage, cancer can result. [for complete article, see Supplement]

MORE ON BRAS—and BREAST MASSAGE TECHNIQUES
(from Jo Ann De Lora, a Shamballa Master in Arizona)

Another aspect is that metal underwires especially disrupt the energetic flow in the accupuncture meridians that go down the front of the trunk.

The massaging of the breast technique is to first wash off and not use deodorant for several hours or overnight, as the aluminum salts stop sweating which encourages the lymph to flow to the underarm or axilla. Massage the underarm area working on any sore lymph nodes until all soreness and swelling is gone. Squeeze, squeeze, squeeze and every so often use a plastic or rubber tipped wire hair brush to swipe towards the underarm and move the lymph. Once the "door" of the lymphatics to the underarm drain is open, work on the lymph nodes under the collar bone, using the brush to sweep the lymph towards the underarm. Then work along the edge of the breast bone, sweeping the brush back up and along the underside of the collar bone to the underarm, or straight down to the abdomen toward the drainage system in the abdomen/groin area.

Next, work under the breast. There may be a ridge of conjested flesh from the damming of lymph by the bra. Sweep the brush around to the side of the breast and up to the underarm or back to the breast bone and down toward the abdomen. Now work all sore spots in the breast and above the breast, sweeping the lymph toward the underarm. If

the breast is heavily conjested and sore, a single massage may only reduce the conjestion partly and you may have to stop after awhile, because the massage may be bruising the tissues. Just keep doing the massage every other day, until all soreness is gone. The first time I learned this technique, it took me 3 weeks to clear all sore, congested nodes as the toxins had been accumulating for years. A young woman I worked on during a class was cleared in one massage session. Redo this massage every week or so, especially premenstrually, and your breast won't become sore around your period.

I also recommend using a deodorant that is not an antiperspirant. Health food and drug stores usually carry a selection. Many of them use Tea Tree Oil as a major active ingredient. Sweating keeps the lymph flow moving toward the underarm drainage areas. In the rest of the body, muscle movement keeps the lymph flowing, but in the breast area there is little to no muscle tissue. I still wear underwire bras, but have to do this massage often and look for the non-metal wires. I also go bra-less whenever I can. Mahatma Love and Light, Jo Ann De Lora

VACCINATIONS

At the Mt. Shasta Intensive in 1998, Baba [then Haridas] spent almost a whole day speaking of health concerns. Much of this concerned the dangers of vaccinations. Baba is a homeopathic physician, and has a homeopath's perspective on this. Recently at a Gem Remedy Workshop (Oct. 2003) he reiterated that vaccinations destroy the immune system. In addition, they can create extreme emotional states in some people. They open the body to rogue cells, which create cancer.

To counteract the harmful effects of vaccines in the body, Baba recommended taking a dose of homeopathic Thuja at 10M concentration. Wait six months before taking another dose. Taking too much of this can suppress the symptoms, driving them deeper into the body. He traces a connection between vaccinations and autism and ADD, and recommends Thuja at 10MM for 3 months, taken 4-6 times per day, along with an essence of silver, copper & gold. This helps balance the two hemispheres of the brain; communication and absorption of trace minerals improves. FOR MORE ON WHY TO AVOID VACCINES, SEE SUPPLEMENT.

Daily Practices

I cannot state enough how important it is for you to establish daily practices to enhance your spiritual evolution. These include exercise [yoga, tai chi, walking, aerobics], meditation of some sort, especially focused on deep breathing [guided meditations are ok], "protection" aids when you are feeling the need, and most of all, a physical-emotional-mental-spiritual AWARENESS of what is going on around you.

Included in this section are just a few meditations, prayers, etc. that some have found useful. Please don't limit yourself to these! Ask your guidance to send you the practices that will most benefit you at this time. And be willing to change as you grow.

ABUNDANCE PRAYER (P'taah)

From the God-Goddess of my Being, I give thanks for the Love that I Am.
I give thanks for the Love in my life, and for the Love that surrounds me.
Thank you!
Thank you for the miracle of life that I Am,
and for the miracle of life that I see all around me.
Thank you for the gift of life. Thank you for my perfect body, my health and vitality.
Thank you!
Thank you for the abundance that I am
and the abundance that I see reflected all about me.

Thank you for the riches and the richness of my life.
Thank you for the river of money that flows to me—and through me.
Thank you!

Thank you for the excitement and the adventure
of the millions of wonderous possibilities and probabilities.
Thank you!
Thank you for the beauty and the harmony. Thank you for the peace and tranquillity.
Thank you for the wonderment and thank you for the joy.
Thank you for the laughter and the play.
And thank you for the privilege of serving and sharing the gift that I Am.
Thank you! Thank you! Thank you!

HEALING PRAYER of the ELOHIM
(Repeat three times)

We honor the connection to the larger Web of which we are a part,
To the tremendous capacity that exists for healing,
And to the Elohim, whose joy it is to assist us
In lifting any burdens from our Physical,
Mental, Emotional, and Spiritual Form.
Let us now set our intention for healing
Of the Highest Order,
And the release of any limiting conditions.

THE GREAT INVOCATION
[Given to Matreia; then to humanity through Djwhal Khul via Alice Baily]

From the point of Light within the Mind of God
Let Light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.

From the center where the Will of God is known
Let purpose guide the little wills of men,
The purpose which the Masters know and serve.

From the center which we call the race of men
Let the Plan of Light and Love work out
And may it seal the door where evil dwells.

Let Light and Love and Power
Restore the Plan on Earth.

PRAYER OF COMPASSION & FORGIVENESS

From the Divine Love that flows within my being, it is my intent
That all aspects of all the Beings I call forth this day, and all aspects of my Being,
Be present. I call forth the totality of our Beings to participate in this healing.

I call forth all Beings I have ever judged, to stand before me as I stand before you, in Love.

I transmute all my judgments into Unconditional Love. I acknowledge my
Compassion, honor, and forgiveness for myself and all beings who have ever
Touched my life in any way. I embrace you in Love,
and I thank you for the lessons we have shared.

I now choose to transmute all bonds between us into Unconditional Love,
And transmute all interfering energies into the divine expression of Creative Love.

I bid you to go in peace.
And so it is.

SONG OF THE 144,000—PRAYER OF PROTECTION

We thank you Father that you have revealed to us your protective universal light;
That within this light is complete protection from all destructive forces;
That the Holy Spirit of Your Presence permeates us in this light,
And wherever we will the light to descend.

We thank you Father that you fill us with your protective fires of love;
That within this love is complete protection from all destructive thoughts and feelings;
That the conscousness of Christ is lifted up in us in this love,
And wherever we will the love to be enflamed.

We thank you Father that You are in us and we are in You;
That through us Your Will is sent forth on wings of power;
That Your Purpose is accomplished on earth as it is in heaven;
That through us Your Light and Love and Power
Is manifest to all the Sons and Daughters of Mankind.
© 1997 by J.J. Dewey

Suggested to be said twice daily. See The Immortal by J.J.Dewey
Great AD-Ventures, P.O.Box 8011, Boise, ID 83707

THE EVOLUTION OF THE MERKABA

The Atlanteans were given many techniques, tools, and energies with which to work. However, as time went on the higher realms could see that this information was not in alignment with the divine with Divine intention: it was misused. The Atlanteans used tools of energy with the wrong intent. They were using their mind, intellect, and third eye only. So since the heart centre was not used, the intent with which they worked was not truly of love and light.

One of the tools given was the triangle and its three dimensional form as a pyramid. The Atlanteans sought out the power of this symbol and created a greater energy tool to (they hoped) raise their vibrations to gain the momentum they wanted to receive all from the universe. To do this they placed two pyramid bases together to form a great vortex of energy. They experimented with bigger and bigger pyramidal structures. The principle they used was true and it worked, yet it was not able to be controlled in the way the Atlanteans had hoped for. So, the mystery of the pyramids has remained on Earth for great spans of time as humans continued to evolve.

this then, is one of the tools that has been transformed for use today. An intermediary symbol was given to humankind, what we have come to term the star of David. Yet, when this symbol came into being it still was not fully understood as to how it could be used. As Jesus walked upon this earth we were given the knowledge and the attempt was also

made to work through the light and unconditional love thus opening us up to working more with the heart centre which would then give humans the compassion to work more effectively with the tools that they were given at a later date.

Now we are being given the extra dimension of this shape in our present day, to give the merkaba its full energy. It is the shape of the two pyramids placed base to base and then pushed into each other up to two thirds of their total height.

The shape of the merkaba was not known to the Atlanteans but now this tool is being given to us to work with. We need to know that it is a tool of light and as such can only be used with divine intention.

The merkaba is the real transport and communicator with the One of All. It will be the transporting mechanism of us all to the Ascended state.

Merkaba breathing is simply a technique which enhances communication on all levels, even to the cells and chemical structure of your body - this is your vehicle out of the physical permanently. When the last breath comes you will know there will be no more. The invitation will be given to you to step out of the vessel of the physical body to stay in the light and join with your own light bodies and continue growth.

So, in conclusion, the tools of Atlantis are given back to us in a transformed way that can only be used in Love and Light.

DAILY VISUALIZATION PRACTICE
(from Life and Teachings of the Masters of the Far East, Vol. I, by Baird T. Spalding, pp. 30-1)

Visualize the Divine Child within.
Before falling asleep suggest to your consciousness, “I now realize that there is within me a spiritual joy-body ever young, ever beautiful. I have beautiful, spiritual mind, eyes, nose, mouth, skin—the body of the Divine Infant, which now, tonight, is perfect.” Repeat this affirmation and meditate upon it quietly while falling asleep.
Upon rising in the morning suggest to yourself aloud, “Well, dear [your name], there is a divine alchemist within.”

By the spiritual power of these affirmations during the night a transmutation takes place and the unfolding from within, the Spirit, has saturated this spiritual body and spiritual temple. The inner alchemist has caused dead and worn-out cells to fall and the gold of new skin to appear with perpetual health and loveliness. Truly divine Love in demonstration is eternal youth. The divine alchemist is within my temple, constantly coining new and beautiful baby cells. The spirit of youth is within my temple—this human form divine, and all is well. Om Santi! Santi! Santi! (Peace! Peace! Peace!)

Learn to smile in the sweet way of a child. A smile from the soul is spiritual relaxation. A real smile is a thing of true beauty, the artistic work of the ‘Inner Ruler Immortal.” It is well to affirm—“I think a kind thought for all the world., May all the world be happy and blest.” Affirm before taking up the work for the day—“Within me there is a perfect form—the form Divine. I am now all that I desire to be! I visualize daily my beautiful being until I breathe it into expression! I am a Divine Child, all my needs are being now and forever supplied!”

Learn to thrill yourself. Affirm, “Infinite Love fills my mind and thrills my body with its perfect life.” Make everything bright and beautiful about you . Cultivate a spirit of humor. Enjoy the sunshine.

You understand that I am quoting from the teaching of Siddha. They are the oldest teachers known and their teaching antedates all history by thousands of years.

[The Brotherhood of Light through Edna G. Frankel]

There exists in the human body a flushing mechanism to release internal pressure from the energetic meridians; this happens naturally while you sleep. This clearing process works on all levels of the total human being—the physical body, emotional body, mental body, and spiritual body. The Circle of Grace has been marginally in your

consciousness in bits and pieces and is stimulated to release by acupuncture and other holistic modalities. In our work together we offer you the awareness of the whole process and how you can consciously control it to regain and maintain health and energy in your body.
Remember to wear loose clothing; to keep your jaw open, arms and legs uncrossed; and to focus on your breathing (breathe in, pause, breathe out, pause; OR breathe in, breathe out, pause). Please say the following 4-part healing prayer aloud, to give us permission to work with you in your physical space, for as often as you would like a healing session with us.

1. Call upon Father/Mother God, Creator of all that is, was and ever will be, to join you.
2. Call upon your favorite ascended masters, guides, angels and religious figure/s, whomever you hold dear, to join you in the healing session.
3. Call upon us, the Brotherhood of Light, to join you in the healing session.
4. Call upon your own soul, or higher self, to join you and guide the healing session.

[Call upon your I Am Presence to join you].

Say the words. Say how you feel, what you choose and what you release. You could say, for example, "I choose health; I release my illness." The vibration of your voice brings the idea, the sentiment, the desire into the fruition of your 3rd and 4th dimensions, the dimensions of material and materialization.

Haridas Workshop 1 Sept. 23-27, 2000

INTRODUCTION

We're working with the 12 dimensions, and the energy gets to be reasonably intense as we move up through the levels. So we realize as we give you the 12 initiations, you won't have to sit around and get your hands tapped and all that stuff. I'll actually just be bringing the energy down through me. We'll be working on first of all, activating the crystalline light bodies, integrating this body which I would call the adam cadmon lightbody—the adam cadmon lightbody is the crystalline lightbody of perfection, you could say—integrating your birthright as a perfect being, being in harmony, balance and total connection with all that is. So that's another thing we'll be working with, connecting with all that is, and if you think about it, when we do 12 activations or initiations, for the 12 dimensional levels, it doesn't take a lot of brain power to understand that that's what we're doing, connecting you with the 12 dimensional levels, and the parallel realities which are associated with those 12 levels—the multi-cosmic, the multi-universal aspect of things.

I only realized a few months ago myself that each dimensional level actually has a harmonic of Shamballa. When we talk about Shamballa we tend to think of a place in time and space in 5th dimension—a place of perfect harmony and balance, and integration of pure unconditional love. So what I realized quiet recently, and Germain says "It takes you a bit of time sometimes, doesn't it Das?!" So what I realized recently is that there's actually a harmonic, or a reflection you could call it, of Shamballa in each of these 12 dimensional realities. And also as well in the 12 multi-universal realities. So we are going to be working with some very interesting energies.

Now, one thing that isn't going to happen here is spending a lot of time going through things in our conscious minds. So, there's no manual and no certificate for this workshop. What you get is the 12 initiations and the 12 energies, and also as well the capability to pass on these energies. At this time Germain asks that the people you pass these energies on to have had at least Shamballa I & II. I asked him why, and he said, "Well, I'm just going to be a little bit careful for now." This has only been done twice before, once in England, and once in Washington (last week). So, how do you pass these energies on? It's dead easy. You just bring them through you and pass them on. … "Now I'm going to bring down level one" or two, or whatever—and they come, whether you're nervous or not. That is just the simplicity of it all. All along we've tried to keep Shamballa that way, just so simple anyone can do it. You don't need a PhD in concentration. I mean, me, I've got no concentration whatsoever. That's probably why I was chosen for the job.

I always like to work on DNA with people, because the more DNA activated, the more possibility of connections we

have with other dimensional realities. In the past we've activated 36 strands of DNA. What I realized during the first workshop in York, England, was that every initiation we did activated another 12 strands of DNA. So by the end of it we were working with 144 strands of DNA—that magic number, 144,000, 144 soul extensions, 144 this that and the other in this kind of work. And again Germain says to me, "It takes you awhile sometimes, doesn't it, Haridas?!"

Other things that happened as we were working with this energy, what we did is to bring down the energy or initiate into the energy, and then get everybody paired off and actually working with the energy. This is quite time consuming, but actually a fantastic experience for everybody. What it does is, it actually shows you the difference of the energy that's available to you after every initiation. People who had been working continually with Shamballa, some of the masters, say even after the first initiation, "Hey Das, the energy is completely different now!" We go through the next initiation—"Hey, the energy's completely different!" People in the last two workshops have said, "I've never seen anything before, but when I put my hands on the person, I could see their bones, and organs and things!" And others said, "I've never seen anything before, but I could see their DNA spirals!" And some people said, "It felt like my hands went right inside their body!" which in actual fact—there's no difference in you and them. Because, if you think it through, we're all just energy waves anyway, we're not really solid, that's just all part of the third dimensional illusion. So, it really has been amazing. Another nice thing about it is, the experiences were as diverse as the people. We've tried not to give people preconceived ideas about what might happen in any of the initiations, this being a very new workshop, so that we can actually see what happens with people. The Taurian aspect of me likes to double check things, and make sure people's experiences are spontaneous.

Also, after working with these energies, it's nice to share our experiences with each other. With a lot of people, it can take a long time, and people can get tired. Well, me—I like to see people getting kind of tired, because then there's less resistance. Sometimes I'll work day and night with people, until they're barely awake, but then they're not questioning what happened to them anymore. They're just saying, "Well, it happened." They're not saying, "Did I really feel that?" That's the human potential, isn't it, total denial and self control. Like, "Well, I never really feel anything cause I'm not ready for it." You ain't going to feel nothing. You ain't going to see anything. Because every time you make those affirmations it just gets deeper and deeper and deeper into your subconscious. The affirmations are, "I'm ready for everything! Give it to me now!" And then things start to happen. It's really self control. And when other people say to you, "You're not ready for this now," that is control as well. So from this moment onwards in time I just ask all of you to start integrating that everything's perfect, and you're ready for everything. You'll find that those of you who have these aspects of denial in your consciousness, that I'm going to be on your case. And not only I'll be on your case, but there's a whole Team out there who will be on your case as well. So if you feel that you want to continue in denial, right now is the time to get your money back and go on holiday somewhere for a few days. We will really be pushing you in this workshop to accept everything you've been given, and not to actually deny the experiences that you have.

The great potential for some people is to feel, "Well something happened, but I'm sure I must have imagined it." What difference is there between imagination and visualization? There isn't any difference whatsoever. The only difference is you were told you shouldn't imagine things, as part of your social conditioning. "Oh it must be your imagination!" Imagination is put forth as something that isn't useful, and that things you imagine must be illusory.

In fact there isn't any difference between imagination and visualization. So when you go into denial and say, "I must have imagined it," what you're doing is just reinforcing that program which closes you down rather than opens you up. So just don't deny the things that happen to you, don't deny what you hear in your head, and all the rest of it.

Because the other thing is, "Well I thought I was talking to myself." You're getting guidance, and "Oh, I thought I was talking to myself!" That's a great one. Because there's times in your life you do things that you KNOW you shouldn't do, but this voice in your head says, "Don't do that!" But you went ahead and did it. And then holy hell was let loose, the shit hit the fan or whatever, and then when you're telling someone the story, you say, "I knew I shouldn't do it, this voice in my head said I shouldn't do it, but I thought I was imagining it, or talking to myself."

So, you do often, or I should say mostly, hear the guidance in your own voice. I sometimes channel this Scotsman, Duncan Campbell, and he comes through with this Scottish brogue, but Germain, well he comes through in a voice that I recognize as Germain, but he doesn't come through with a French accent. But ten years ago when I was

channeling, I heard everything in my own voice. So it's just a question of appreciating that you are getting guidance.

[after break]

When I ask Germain, "How many are in the Shamballa family now?" he'll tell me he hasn't a clue. It's spreading so fast. When I look back to the first workshop that I did, I didn't want to do it. Even though I'd agreed to take on the Shamballa project, I still was saying to myself, "Well, I don't want to get into it" and all the rest of it. My girlfriend at the time had mentioned to a few people that I would do this workshop and people started booking in for it. Then I was politely informed that I would be workshopping on that particular weekend. The only reason I was hanging around was it was my birthday, so I'd decided to take a few weeks and hang around on the island. So it's really amazing it all started off like that, and now to just sit here with you, and to just look around at all your faces, it's …humbling. Do you know what we're doing with Shamballa? Ultimately? I only found this out recently myself. I've looked at it in so many different ways, as time's gone on. But recently when I asked Germain what really we were doing with Shamballa, because, they don't tell me everything that's going on, all at once, because, well, if four years ago they'd told me everything all at once, I definitely wouldn't have done it. I mean, I was resistant to it anyway. So they give me information on a "need-to-know" basis. So, recently when I said to Germain, "What really are we doing with Shamballa?", he said, "We're gathering the Violet Tribe." What he meant is that the Shamballa family is composed of beings who were working with the Violet Ray. So that's the planetary Violet Tribe. And he said, "Well if you can see now, how it's spreading to every corner of the world, you can see that the Violet Tribe has been gathered up, and it really starts to anchor the Violet Ray very powerfully on the planet." So what that means in actual reality, I don't know yet. But what I do know is that the Shamballa family are definitely making a difference—in all kinds of ways. I don't mean that in a major fantastic way, like without us nothing would have happened on the planet, or anything—but I see that collectively, all of us, in grounding this Violet Ray, are rediscovering ourselves, and that we are working on the Violet Ray. The Violet Ray is about transformation and transmutation. Transmutation of what? Well transmutation of consciousness—both Mother Earth, and for ourselves, and for anybody really who wants to join us.

MEDITATION TO ACTIVATE LIGHTBODIES

So let's activate our lightbodies. I'm sure most of you know now that the first rule of Shamballa is that there's no rules, so if you want to lay down, feel free. So, this is not a competition on who can visualize the best or whatever. Don't really force yourself to visualize anything. That just takes you away from the meditation. Some people can visualize things very easily, while some people find it more difficult. Just don't worry about it. The energy's working with you, whether you can visualize it or not. After this meditation we're going to go straight into the first initiation. You can have the initiations lying down as well.

Good Morning, brothers and sisters of America. It is I, Germain, that speak with you. Well this one has spoken some of my words already this morning. But I will take this opportunity now that you're all settled, to pass on my greetings to you, to pass on my love to you. It will be with me that you will do this meditation. So now my friends, I would just like you to take some deep breaths, and as you take in these deep breaths, just feel the energy of love, the energy of light flowing into you with these breaths. When you feel that your lungs are full, push out your diaphragms and take in more air. And as you breathe out, just allow the stresses and strains of life so far, just to flow away from you, to be transmuted into this love, into this light. Now as you are working with your breath, I Germain am going to open up an energy vortex in this place, which will encompass the building. After we have finished this workshop it can be taken down or left depending on the wishes of the keeper of the land. In a moment we are going to open up this vortex, which will help us to ground these energies of love, these energies of light, and the multi-cosmic and multi-universal aspects of the 12 dimensions. So I Germain just focus my attention into the middle of this building—just keep working with your breath, you may or may not feel anything—I focus my attention into the middle of this building, and form the intention in the mind of this channel that I will open up an energy vortex here, I open up the energy vortex NOW [Poof]! Now we increase the energies of it, and now we connect this energy vortex with the heart crystal of Mother Earth—we very simply do that with visualizations. We do this NOW [Poof]! And we connect it onwards and upwards to the Source of this aspect of creation, I AM Presence, and the Mahatma energy, and we do that NOW [Poof]! Now we shall set up the counter-rotational fields of the energy of this vortex in a harmonious and balanced way….Now continue to work with your breath—just allow this energy of love and this energy of light to come flowing through you—trigger the LIGHT the LIGHT the LIGHT, trigger the LOVE the LOVE the LOVE….Now I'd like each and

every one of you to see, feel, allow, imagine a root, like a root of a tree, growing from the base of your spine, and going downwards into the body of Mother Earth, the Goddess Gaia. Just see, feel, allow, and imagine this root going down down down into the Earth, growing strong like the root of a big, fine tree. This root goes down down down down down until this root connects with the heart of the Earth Mother. This root is grounding your energy, grounding you right into the very heart of the Goddess Gaia. With your inbreaths, just see, feel, allow, and imagine this root growing, becoming stronger and stronger…You need a strong root, to be grounded in this work. We don't want people floating away.

So now, I'd just like you to see, feel, imagine, allow yourselves as a double-terminated crystal, a crystal with a point on each end…See the top point of the crystal just above your head, and the bottom point of the crystal just below your feet. Now as you see, feel, allow, imagine this crystal build around you, start to integrate and understand that this is your crystalline light body, your adam cadmon body of perfection. Remember, when your Bible says God created Adam & Eve as the first beings on the planet, at the same time your adam cadmon body of perfection was created. Many have become disassociated from that adam cadmon body of perfection. Now is the time that we're going to reintegrate it, and reactivate it. So as you see this double terminated crystal, with your inbreaths just see, feel, allow, imagine this crystal starting to pulsate with the energy of love…with the energy of light…. With each of your in breaths see, feel, allow, and imagine the vibrations becoming stronger and stronger, faster and faster…

And as you start to integrate this living lightbody, just see, feel, allow, imagine again the energy of this living lightbody, the vibrations of this living lightbody, integrating with our body physical, integrating with the crystalline nature of our physical bodies, our bones, our blood, our hair…vitamins, minerals…heavy metals, trace metals. Start to see, feel, allow, imagine your physical body heightening in vibration…holding more light. This light is flowing, not only into your cellular structure, your sub-atomic particles, your molecular structure, but also the electrons and microtrons and super-electrons of your body physical. Your light quotient rises with each in breath……

As your light quotient is increasing with each of your in breaths, let us heighten this upward connection through to your I AM Presence, that spark of consciousness that is you, the real you. And from your I AM Presence through the gates of Orion to the throne of Yaweh, and Methuselah…and from there onwards and upwards to the Source…to connection with the I AM of Source…that love, that unconditional love, the silver-golden-violet that we know as the Mahatma. again I remind you that you are connected to the heart of Mother Earth, through your own I AM Presence, through the heart of your creator, and onwards and upwards to the Source…..

Now we'd like your attention to focus on your thymus gland, your higher heart chakra…and as you focus your attention there, on your higher heart chakra, I'd like you to see, feel, allow, imagine this higher heart chakra just opening….in any way that you would choose to see it…..You could see it as a crystalline palace of light…You could see it as a lotus blossom, opening to greet the morning sun…..You could see it as a huge crystal in the shape of a heart…..You could see it pulsating, vibrating with this energy of love. You could see it as a crystal room, that you could walk into. Feel this love, be this love. You could go to the crystalline palace of love, composed of all stones and crystals, semi-precious and precious, vibrating with this Mahatma love….And as you start to feel this love manifesting in your hearts, your creator, Yaweh, opens up his heart, and the heart of his feminine aspect. Feel the love flowing from Yaweh into your heart, slowly flowing down into the heart of Mother Earth, and then returning, onwards and upwards through your heart to the heart of Yaweh, through your I AM Presence to Source…And as the love of Source flows into you, again see, feel, allow, imagine it flowing downwards through the whole of your being…into the heart of the Earth Mother. Now we have a two-way connection. We'll give you a little time now to feel this love, to understand that each and everyone of you are this love NOW, and to integrate that you are this love now.

While you're integrating this, I Germain call to the microtron activating team, the super-electron activation team, so that they may work, in accordance with the will of each individual I AM Presence here, to activate these energies within the bodies physical of all……again at this time relax……just allow these energies, these beings to do their work, in accordance with the will of your I AM……For understand that within this work nothing will happen that is not the will of your I AM Presence, and totally for the highest good of all creation……...

Now is the time to allow this affirmation to flow through your minds: "I affirm I am now ready to step further into my mastery today. I AM that I AM. ……..……..

Now we're going to work a little more on this crystalline light body……..Now we're going to bring some more activation energies into this light body, to help you to integrate it more, into your body physical. I Germain just take up the vibrational frequencies…..I just lift, lift, lift……activate, activate…….

FIRST INITIATION

Ok, now what we're going to do is, we're going to bring the energy of the first initiation to you. ……[calls in the Masters, Angels & Archangels, Lords & Ladies of Shamballa etc.—exact words undecipherable as Das was walking around the room away from the microphone] I now start to bring the energy of the first initiation through me, bring it down……[Poof]….[5-7min. integration time followed by working on each other in pairs, to get the energy moving through us]

DAS on "My Guru in India"

Come on, pay attention! That's what my Guru always used to say in India. That was where I got that one from. When I was young I was in India for 3 ½ years, I'd taken renounced orders, and my guru always used to start classes at 1:30 in the morning. Of course I'd always be falling asleep, sliding down the wall or whatever, while everyone else sat here like this …. But me I'd be sliding down the wall, so he used to poke me with a stick. "Pay attention. Pay attention!" So then I'd start up, and then start falling asleep again…"Sit properly!" So then, after awhile, invariably every morning he would get fed up with me falling asleep, so—he's a very loving person, but also he had great ways of getting you to pay attention. My pigtail in those days was up there, because I had more hair, and he used to tie my pigtail to a hook in the ceiling with a piece of string. So then when I'd nod off……"Ah Haridas, got immediate focus on his crown chakra!" I mean, I'm not sure if he had it in for me or not, he always used to find really off-the-wall ways of getting me to understand things. Like one time I very humbly asked him, "Baba, could you teach me to meditate, please, in a more focused way than I already do?" and he said, "Ah yes, Haridas, go sit in the corner." About four hours later he just happened to be walking by me, so I touched his foot. He looked down, "Yes?" "You were going to teach me to meditate Baba." "Just sit in the corner! Be quiet!" So I sat in the corner. After 24 hours had gone by, I'm still sitting in the corner, so I said to him very humbly, "Hey Baba, you were going to teach me to meditate." "What do you think I'm doing! You've been sat in the corner now for 24 hours. You must be learning something!" So he was really just a really great character like that. …I often didn't think that then, though. You know, especially when he told me that the ashram I was staying in at the time, well he told me that I was HIS guru in the last lifetime, and it was my temple! So I'd think "Whose temple is this, anyway?!"

[Babaji story] [Das & Gary being sued story] [Machaelle Small Wright & MAP team stuff—suing]

I find it all highly amusing, actually. I wrote to her to say, "I'm sorry to hear about this perceived split in the ascended masters' energies." She didn't appreciate that either. …And of course all the time the Ascended Masters are laughing their heads off up there. "Humans—hahahaha". They just found it all so funny. I mean, I asked them at a Galactic Council meeting what I should do about it, I mean, they were kicking their feet in the air, and they said, "we don't know anything about this stuff Das—they seem to have funny habits on Earth, some people—hahaha! You know, we don't know what to do about it!"

I had a lawyer in one of my workshops, and he told me that in the United States of America you can't copyright anything that's purported to be spiritual. The founding fathers made it so that no one could copyright the Bible.

Haridas Workshop II

MEDITATION BEFORE SECOND INITIATION

Vywamus is a being who has a great interest in the lightening up of the people on planet Earth, and also in connecting them with the Mahatma energy. Another thing I found out about him this year is that he's very much concerned in the

activation of the channeling process in human beings. [stories of channeling workshops with translators—Iceland and Belgium]

If you want to channel any energy, it's very easy. You make the affirmation "I AM" and then the name of who you're going to work with. The next rule of channeling of course is to open your mouth.

I AM Vywamus. Well, my friends. It is a great pleasure to be in such a situation, with so many shining beings in one place. If you could see the splendor of the energy that you all are, the splendor of the love that you all are, I would say that many of you would be overwhelmed. Because in this situation, when I look at your energies, of this group and as individuals, I feel in some ways myself overwhelmed. Your pulsating shining light, your pulsating shining love, and as each and every one of you know, and as I know, over the coming days you will become brighter, you will become more love, you will become more light. It is my place in this process, or the place that I have been given in this situation, to aid you in the absorption or the integration of more love. But let us look at the word "absorption". Many tend to think that becoming more light is just a process of getting yourself to shine more. But for you to become more light, for you to integrate this light into your physical body, you need to absorb this light, you need to absorb this love. You need to absorb it into the crystalline nature of the human body, the crystalline nature of your spiritual bodies, or your multidimensional bodies, as some of you would know them. You need to absorb this love and this light into every aspect of your physical structure, and as I said, your multidimensional structure.

Now many don't understand that the whole of creation is crystalline. The WHOLE of creation is crystallline. And these energies, which you may term higher dimensional energies, that you have access to with your spiritual bodies or higher dimensional bodies are also crystalline in nature. And the bodies that you use to live, have your being, or experience in these other dimensional realities are also crystalline. The Christ Consciousness grids are crystalline. The energy grids within the body of Mother Earth are crystalline. Shamballa, the city of harmony, perfection, love, balance is crystalline. And every harmonic, or every higher level of that through the dimensional realities is crystalline also.

So let us now do a little bit of work on activating more of our crystalline light body, this adam cadmon body of perfection. Germain spoke with you about some of this, earlier this morning, but I will attempt to give you more clarity on what this adam cadmon body is, and how each and every one of you were created. All of you starry beings, starry brothers and sisters, you all came here from other places. You came here at a certain time, of the seeding of the races upon the planet. Before Mother Earth had a solidity about her body, she was fluid, glass, particles…before that she was a finer, or higher vibrational energy. As the body of Mother Earth became more solid, you needed different bodies through which to experience this reality. Previously, in the times which you may relate to as Lemurian times, you had bodies of light. You communicated through your thoughts, you manifested everything through thought. You meditated the trees into being. You meditated the crystals into being, the seas and the rivers, everything. And then, as the solidification took place more and more and more, your lightbodies weren't the vehicles that you needed to experience in this reality, because of the incompatibility of the vibrations. So human bodies were created. Many would think that the creator of the human bodies, that the creator of all things—in fact religious philosophies, both Christian and the others, believe that Yaweh is absolute God. That is not true. Yaweh is the creator of your human bodies. Where does Yaweh live? Even today Yaweh lives in the constellation of Orion. Yaweh was charged by the creators of Mother/Father God to create bodies of perfection and harmony, bodies through which people, or beings, could realize in this dimensional reality that they are harmony, balance, love, and the other things that go along with it. So the human bodies were created, and you were also given a body of light, a body of perfection, a body of harmony, love. Through the integration into your body physical of this light body, this adam cadmon body, you become light. Remember the word, "enlighten"—you become light! So I Vywamus have very simple ways of aiding you to activate this adam cadmon body, this space of pure light and pure love, and integrating it into your body physical.

So breathe, take nice deep breaths. And as you breathe, I'm going to holographically imprint around the energy vortex within which you now work, a twelve-pointed star…..So I'm now just forming the 12-pointed star in my mind holographically, I'm forming the crystals that we're going to use for the points in my mind. Now I'm programming the crystals to bring light, to bring love, to bring unconditional love …….Also I'm programming the crystals to interact with your crystalline light bodies. I'm also going to program these crystals so that no one can change the programming except I, Vywamus. And now, as I form the star in the mind of this channel, I will leave it to him to lay the hologram……..so he's now laying the crystals out around. And in this moment we will activate them. And as we

activate the hologram, we will just make a sound. Now I activate it [Poof]!…….

And as this hologram activates, it connects with Mother/Father Source, through the heart of the Creator. Now the energy that is now flowing down this pillar of light will help to further activate the crystalline nature of your adam cadmon bodies. So let us just spend a short time allowing this energy to affect the molecular structure, the sub-atomic particles, the microtrons and super-electrons that do compose this crystalline body of light. And as you are spending a few moments integrating, we will raise the vibrational frequency of the holograms slightly, in very gentle, easy steps……..

As you start to vibrate at a faster rate, I'd like you all to make the affirmation in your minds, "I affirm I am now ready to connect with my I AM Presence—I AM that I AM."……"I affirm that I am ready to connect with my Godself—I AM that I AM." ……"I affirm that I am an open vessel, to channel the energies of love, the energies of light—I AM that I AM." …….

Now see, feel, allow, imagine yourselves becoming light…now you can see the light building around you, through your closed eyelids……..And now at this time we're going to give you an opportunity to dispose of self-imposed blockages. Blockages that may have been imposed by others. And at this time, all you need to do is to affirm that you are ready and willing to allow these blockages to dissolve—that you are now ready and willing to throw these blockages into the cosmic recycling bin……..And as you allow these blockages to flow from you, at this time you may work with out-breaths. And every time that you feel there is a blockage moving, you can help to get it out by doing a rapid out-breath [Poof…Poof]. As you blow them out we recycle into love, harmony, light and balance. And in the same moment we fill the spaces left with light and love, in accordance with Divine Will, in accordance with the will of your I AM Presence. …..

So now at this time also, many of you, whether you know it or not, have parts of yourselves missing, fragments, fragments of your soul essences—fragments that have split from you at different times, maybe in different incarnations. Fragments of yourselves that you've denied, that you've forgotten about. But this fragmentation makes you not whole. Often it is through situations that have been engineered by others or by yourselves, things that have affected you very deeply emotionally…There are many other reasons, but this is one of the main ones. So now what we're going to do is we're going to start bringing back to you all those parts of yourselves that are splintered and fragmented. We'd like you to work with your breaths again. Breathe in, and as you breathe in, see, feel, allow, imagine these fragmented parts just coming in to you, merging with your soul essence. See, feel, allow, imagine yourselves becoming whole……And as you start to integrate this wholeness, more and more of your blockages, your self-imposed limitations just fade away into light……

And now as you're integrating yourselves according to the will of your I AM Presence, and your God and Goddess selves, I, Vywamus, will bring more Light, more Love, into the cellular structure of each and every one of you... And as we're bringing in more of this Light, this Love, we're also going to get ready to bring in this next initiation...

I now bring in the energies of the second level. We ask that this vibration activate your light bodies. I call upon Germaine, Wotona, Djwhal Kuhl, Mother Mary, Quan Yin, the Collective Consciousness of the Lords and Ladies of Shamballa, the Angels and ArchAngels, and Our Celestial Brothers and Sisters. I now start to bring the energy of the second dimensional initiation through me...
Bringing it down now...
[Poof....]
Now allow some time to integrate this initiation...

Now it's time to work on each other and ground these energies. Come on now,
Let's Do It!!!!!

[disc ran out—rest of meditation and SECOND INITIATION not recorded]

Haridas Workshop III

ANSWERS to Questions [Q not picked up by recorder]

So in actual fact, you're not going up. If I use the phrase "going up", it's not like going up in an elevator. We're going up in vibration.

It's obviously something that's deep & underlying that's up for clearing. I'm sure that people will find during the course of the coming days that things will come up for clearing. I mean, we haven't had to get the cosmic tissue boxes out yet, but no doubt somewhere along the line we will. It's the way it goes. It's very gentle, but it's strong and deep, and it will kick things out of your subconscious mind. And when you say, "I don't usually question," well ok, there's an aspect of you lurking around in there somewhere that now needs to come out. This is a strong way of working, and it does shift things.

People have often said that they felt that there was more than one set of hands on them.

For those of you who did fall asleep, don't think you missed anything, because you got everything. Because your mind didn't wander off or whatever, it just went straight into your subconscious.

SKULLS

The significance of skulls is—well I could spend the rest of the afternoon on it, but I'll try and be brief. There's a few aspects of it that are very easy to speak about. Where the shape of the skull's concerned, the people that carved these skulls don't really know anything about the energy of skulls. These were carved in China. As each skull is carved, the Upstairs Department, or whatever you like to call them, actually assign an energy or group of energies to work through the skulls. So that's why people are attracted to certain skulls, they look at them and say, "Oh I've got to have that one!" Or "I've got to work with this one." Because you on a higher level know that the energy when you're working through that skull is for you. Now there's a lot of crystals around actually that carry skull energy, but that don't get carved into skulls—but you can work with them exactly as you work with the skulls. I only discovered that in the last year or so. The skull shape, itself, does process energies in a very, very specific way, just the same as our human skulls do. Human skulls are crystalline. It's our human skulls that allow us to connect with all these energies—the crystalline nature of it and the shape of it. Another reason for carving skulls is it actually reminds humans of their skully nature. There's just so many different aspects to it. The crystals which carry skull energy but don't get carved into skulls, I mean, I look into them and I see the skulls in there. And when I discovered one about a year ago in my crystal collection, I was holding this crystal and I said, "Well, this feels like a crystal skull!" I had my eyes closed, and I was tuning in to it. Then I opened my eyes and realized "No, I haven't got a skull in my hand, I've got a piece of crystal in my hand, this terminated quartz crystal." So then I started asking the crystal what it was all about, and the crystal told me, "Yeah, some of us carry the skull energy." There's all kinds of stuff written around skulls, you know these stories about "the 12 crystal skulls"—when 12 ancient skulls come together…you know there's all kinds of stories about this. When I was down in California last year with a guy who's been digging up ancient crystal skulls for years—when I was visiting Nick, I asked him to get out some of the ancient crystal skulls, and we had I think 60 or 70 crystal skulls at the time that we were working with—one of them 78 lbs. But we were making jokes that we did have 12 or 13 ancient crystal skulls together, and we're all still here, mate! Some of the ancient skulls do seem to have a lot of energy, but some of the newer skulls have a lot of energy, too. The more you work with them and activate them—all these skulls in the middle of the floor have never been activated. OK, now I'm going to activate the skulls—activated! [Poof] Now you might feel a bit of energy change in the room, or in the skulls you may be holding in your hands. So now all these skulls will start bringing through the energy that has been assigned to them.

So, skulls can be very useful in our development. They can help us to bring through information relative to us, or say even planetary relevance. Or, for groups, whatever. And you find that the more that you work with them, the more able you are to work with the energies that are coming through. A friend of mine has a skull made of obsidian—volcanic glass, volcanic dust which has been melted into glass, and it goes into a clear lump, so you can carve it. You see some of it in new age shops carved into other things. It comes out bluey-green. Well he has a crystal skull made out of that.

For all intents and purposes a crystal skull made out of that kind of material, which doesn't have its molecular structure intact, it's been changed through heat, etc., not from natural sources of heat. I would have expected that it wouldn't be doing a lot. But in fact, he put his crystal skull in the middle of a room full of people, and it was pulsating. People were saying, "Wow, that's a really powerful skull! What's it made out of?" And well, the devilish part of me thinks, well, it's volcanic glass, no different from the glass that's in the windows, really. So it is the carving into the skull shape that gives that its energy potential.

Another thing I've found is that every crystal skull, whether it's this big or that big, doesn't matter whether it's ancient or modern, always has a team working with it, a team of 12 other skulls, and that one makes the 13th. This team is usually in the etheric, often made from different kinds of material than the one that's holding the energy. More and more the carvers get more adventurous, using different materials. Like these blue agate, or these ametrine (citrine and amethyst). Or hematite. I had a large hematite one, used to cause a big stir every time you whacked it through an x-ray machine. I mean, crystals do anyway, but this one was metallic, they couldn't figure it out.

[story about George & the Hopi]

Skulls aren't involved in time, anyway. I get fed up with people asking, "Is this an ANCIENT crystal skull?" or "Is that a real one?" [Festival story] [Anna's skull story—with a molecular structure unlike anything on planet Earth—Das's vision of being inside the skull, bones and blood turned to crystal skulls] [Natural History Museum skull activation]

MEDITATION before Third Initiation

Just start tapping your thymus gland, higher heart chakra. So as we breathe in again as usual, breathe in this love, breathe in this light. And because these are 3rd dimensional energies we're going to attune you to, we're also going to make some more strong and powerful connections with Mother Earth, Goddess Gaia. So let's just see, feel, allow, imagine a powerful root going down into the heart crystal of Mother Earth….just growing growing growing, you can see the root getting fatter and fatter, shooting straight on down. This of course is grounding you out, and at the same time we're going to activate your Earth Star chakras—we're going to activate your Earth Star Chakras NOW! [click] This will further help to keep you grounded in this situation…….And now we'd just like you to see, feel, allow, imagine your channel opening up. Your channel is like a tube of light, as big around as your shoulders, maybe a bit bigger if you like. See that channel opening up, going onwards and upwards, onwards and upwards through your I AM Presence……And now at this time I'd like you to pause, where your I AM Presence lives and has its being, and ask your I AM Presence to speak with you. I'd like each and every one of you to ask your I AM Presence whether you have permission to go through this next initiation…….At this point you ask how do I differentiate who is speaking to me—the first answer you get is the correct one……And at this time this is an ideal opportunity to give notice to your I AM Presence that you are willing to channel the energy of the I AM, that you are willing to be in close communication with your I AM……And that you are now at this moment willing to activate the seed blueprint for your lifetime, in other words willing to take on the things that you decided to come here and do…… Also at this moment you can ask your I AM, if you're not sure what they are, and we'll give you a little time to communicate on that subject…….

Now as you're communicating with your I AM, we're going to move onwards and upwards in vibration…..moving upwards through your Godselves……..through the throne of Yaweh ..onwards and upwards to the Source of Mahatma…..at this time you may affirm "I AM the Mahatma, I AM that I AM……So now again we have this connection with Source, connection with heart of Mother Earth.

So now we're going to descend into the body of the Earth Mother. We're going to go through the crust, the skin of her body, the earthian rocky part. Just underneath the earthian rocky part there's the crystalline templates. These templates hold codings, hold energies which at this time may be released by us, as individuals….these codings. This information is useful, not only to us, but to Mother Earth herself, and to many many other human beings upon the Earth……So now let us move into these crystalline templates. In just a moment we're going to activate the codes …we activate

them NOW! [Poof!] Now just see, feel, allow, imagine this information, these codes, flowing into your body physical……..flowing into the crystalline nature of your body physical……You may at this time see, feel, allow, imagine the expansion into your physical energy field, your etheric matrix, into your aura…..feel these codes acting on your crystalline light body……

So now let us move down to the next level. This next level is gaseous. So again here there's information and codings useful to you, to the rest of humanity, and the Earth Mother. So again now let's release these codings into your crystalline light bodies, your body physical [Poof!]……

Now down into the fire, the molten rock. Again, these fires hold codes for you. Let's transfer these codes again into your living crystalline light body, body physical, crystalline nature of the body physical…..Take these codes now [Poof!]……

Now let's move into the heart crystal. This heart crystal is an iron crystal, it's hollow inside…….

Inside the heart crystal is a golden chamber….There's a place for each and every one of you to sit or lay…….Here in the heart crystal of Mother Earth, the central chamber, there's other codings, the Melchizedek codings. So now let us release those codings which are useful to us, in accordance with Divine Will and the will of your I AM Presence…..Again I release these codes [Poof!]…….

So now we're going to start linking with the multi-universal and multi-cosmic aspects of these codings, these third dimensional codes…….So right at this moment I just bring in this Activation Team, a few beings for each and every one of you, you may feel them working on your body, you may not—don't worry either way. The work is being done……

THIRD INITIATION

So now we're going to start bringing in the energies of the third initiation…….

[Calling in the Masters, etc.—recording too faint]

[Working on each other to move the energies]

Haridas IV

BOOST SYSTEM 11

Here's a little trick for boosting energies that I'll share with you. Boost system 11. I've taken it to extremes, actually, I've gone to "Boost System 99", but "Boost System 11", when you make this affirmation it opens up the receptors in your body to the 11 pranic energies; the receptors that receive pranic energy. Don't try it at 8pm if you want to go to sleep at 10 or 11. It really does boost your energies. And if you say it in a group situation it makes it much much stronger. ["Boost System 11" x 3] It's great if you're feeling a bit tired. It's like other things, don't keep doing it forever, because you'll eventually come down with a bump. It actually came from Germain. Germain works with people on living without food, and it's actually part of the bretharians stuff. So when you first start living without food, you're crystallizing your endocrine system; cause that's what you have to do if you want to live without food. I mean, the only reason why you eat is because you need prana, and prana's already there. If you're eating vegetables, well vegetables are taking the prana from the earth and from the sun and everything else, so when you eat it you're eating concentrated prana. If you're eating animals, or birds, they've taken it from the plants and converted it, stored it, and you eat them, you convert it into a useful energy. You see, without prana there's no life. There's probably not very many people keen on it in America, I mean everybody eats so much, but you can actually live without eating. All you need to do is drink water. I actually know people who haven't eaten for 5 years or more. I don't actually recommend it for everybody. I have actually heard of 3 or 4 people dying. But there's probably 4,000-5,000 people on earth living like that. ….[story of Ann Hughes who dropped dead in Paris, and came back] [More stories of Ann Hughes—Francis, Kuthumi, Sananda and Das]

EARLY DAYS OF SHAMBALLA

In the early days of Shamballa when I was getting everything short of death threats from the Reiki Alliance and all those kind of people in Europe and Britain, and I was really fed up, and I was thinking, "Well I won't bother to do it." As they say in English slang, I was really "on one". One day I'm driving along the freeway in Germany—no speed limits in Germany, so I'm doing about 120, got my stereo banging away, and my phone goes. "Hello Yogi, this is Kuthumi." "What the fuck do you want!" was my reply. "My friend, there's certain things that you're not listening to, aren't there?" "Well, what are you doing calling me up on my cell phone!" After a bit of snappy bad-temperedness, I said, "Well, ok, what have you got to tell me?" And Kuthumi said, "You didn't come to earth to be the most popular person, remember that." When you start doing things that people aren't used to, sometimes people get mad with you. There's no problem."

She [Ann Hughes] was one of the people who helped to keep Shamballa moving along. Another time I was with her, taking a walk, and I asked Kuthumi, "What's Shamballa all about?" I was still on about the Reiki thing, and he said, "You haven't realized, have you, that at this stage, what Shamballa's about is connecting people with their I AM Presence—getting people to find out who and what they really are, allowing people to connect with their guidance." And I said, "Yeah, yeah, ok, we'll keep going with that then." Whereas if he'd said, "It's all to do with Reiki, Das," I would have said, "Ok, then, that's it! I'm out of here!" So, Ann Hughes has had a lot of input in keeping me on the Shamballa path. [more Shamballa ups & downs & Das ups & downs]

SUNDAY AM

You're lightbodies have all changed, actually, since yesterday. I just look around at everybody and I can see the difference in the brightness of everybody. …

GERMAIN ON MASTERY

I AM Germain. Good morning to each and every one of you. Namaste. The Divine within me salutes and recognizes the Divine within each and every one of you. So what is my agenda this morning? My agenda is Mastery. As soon as I use this word Mastery, as I look around I see some start to develop stress in their energy fields. "Well, I'm supposed to be a Master, but I don't see that I've achieved mastery." So I'm going to give you some, help, encouragement, bits of information that will aid you to step into this mastery.

Many of you know, and the rest are starting to realize, that mastery is not having a bit of paper that says you're a master. All a piece of paper does, that says you're a master, is to remind you to work on your mastery. Another thing it does is to make other people, that maybe come to you for teaching, advice, or healing, feel that this person knows what they're doing, because they have a piece of paper here that says they're a master. Mastery has nothing to do with a piece of paper. Mastery has to do with life. Mastery is to do with sovereignty—sovereignty over your life, sovereignty over your energy, sovereignty over your creations. For by now you should all know that you are, each and every one of you, creators and co-creators. Let's look at creatorship. Now each and every one of you has the potential to create worlds, create universes, create ecosystems….think about that. Let that information pass through your conscious mind. Let that information start to sit, as a memory, in your cellular structure.

By now you could be thinking, "How could I do this?" For many at this moment it is not a viable project or proposition. That isn't a judgement, it's a reminder that you're not accepting who and what you are, each and every one of you in this moment. Each and every one of you is god and goddess now. Every one of you, every sub-atomic particle, every microtron and superelectron, is a carbon copy of the whole of creation. As above, so below, Sananda said in his Palestinian ministry. He was trying to remind you of who and what you are. So as of this moment, if you haven't integrated your god and goddessness, how can we help you to do that? Well we can push you, pull you, cajole you into stepping out of the constraints of your present consciousness, out of the self-imposed constraints of doubt and fear, into a place of mastership, beauty, harmony, and abundance. For as I said, mastership is not about a piece of paper, it is about life, about love, about understanding that you are the creator of your life in this moment, and the co-creator of what is happening in all of creation at this moment. When you look outside yourselves, and you see

something which sparks your inner fire, which sparks this thing which many would know as temper, anger, those kinds of reactions, understand that that thing which you say that you don't like, and you judge, on one level you helped to create it. When you look at what is going on upon this earth…….[changing tape here]

…to unfold magically in front of you. And as it unfolds magically in front of you, to accept the magic, allowing the magic to be your life, to be in your hearts, to be in your minds. I'll give you a few moments to think upon my words. Each and every one of you here have pieces of paper to say that you are masters. I would like each and every one of you to think now how you are using this mastery in your lives. We will give you a few moments…….

At this moment I would like you to see, feel, allow, imagine yourself standing in front of you, in front of your body as you sit or lay in this room, I would like you to see yourself as a shining being of light, and a shining being of love. This pulsation of pure light, this pulsation that emanates from a crystalline lightbody—this can be a carbon copy of your body physical, or you may manifest yourself in any way that you feel appropriate, or would desire to. So see this lightbody now manifesting in front of you. And as this lightbody manifests, see also a banner, a sign, a hanging above your head, with the word "master" emblazoned upon it. This lightbody that you see is the body of mastery, for understand that your adam cadmon body is the body of perfection, the body of wholeness. And when I say it is the body of perfection and the body of wholeness, it is the perfection and wholeness of mother/father God, the perfection and wholeness of God and Goddess in this moment. That is the potential of your crystalline lightbody. That is why your lightbodies were given to you at the time of creation, so that you could realize your god/goddessness.

Now I would ask you to start thinking about "What would happen if I stepped truly into my mastery today? What would it mean to me as a person? Shall I be free from fear?" For understand that fear is the opposite of love. Fear stems from not knowing that you're god and goddess. Fear stems from not knowing god/goddess's place within your life. Understand that god/goddess is in your life at all times. There is no need to fear anything. The by-products of this fear are anger, jealousy, misery, a lack, a sense of lack, a lack of self-love, lack of abundance, lack of love from others, dependence on drama, dependence on performing upon the stage of life with discordant energies. Brothers and sisters of Shamballa, brothers and sisters of I AM America, you weren't created for that. You weren't created so that you could be separated from the whole which is god/goddessness. You weren't created so your life could be full of discordance and fear. You were created to be beauty, truth, harmony, abundance, love without conditions, light. I again give you a few moments to think about my words.

And as you think about these words, and see this lightbody manifesting, more strongly and more powerfully in front of you, and start to see your banner, which proclaims mastery, light up with the energy that is god/goddess—the pulsation of pure life flowing from it.

And now in this moment, let us step into our mastery. Just make this affirmation in your minds, "I affirm I am willing to accept my mastery in this moment! I AM that I AM!…….I affirm I am willing to accept my mastery in this moment! I AM that I AM!" I recognize the master within each and every one of you. Now is the time to wake up and recognize the master within yourselves. And in this moment, I ask each and every one of you to now just allow yourselves to step into this body of mastery that is standing in front of you. You may do this in any way you wish. You may visualize yourself standing up and just stepping into this body of mastery, or the body of the master that you already are. Do it now!…….

And now as you step into this body of mastery, I connect the vortex in this place to the 5th dimensional level of Sham-Ba-La. As I say the word Sham-Ba-La, do you recognize that this word is a mantra, this word is a prayer! It has a vibration—Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! And as I intone the mantra, the connections with the 5th dimensional Shamballa builds, the energy of Shamballa starts to flow into the vortex, and as it flows into the vortex, it flows into our activated lightbodies-—our master lightbodies. Sham-Ba-La! Sham-Ba-La! Sham-Ba-La! And as the energy of the perfection of Shamballa flows into you, we will again spend a few moments integrating this energy of perfection, harmony, wholeness, and love. You may at this time see, feel, allow, imagine the manifestation of the city of Shamballa, the land of Shamballa, the crystalline mountains and peaks, the crystalline city, the crystalline beings. And above this manifestation of Shamballa, the diamond that is the collective consciousness of the Lords and Ladies of Shamballa, the ascended ones. This diamond in the sky reflects the light of God and Goddess. Each facet of the diamond reflects an individual energy, an individual master, male, female, terrestrial, extra-

terrestrial…..androgynous….I Germain now further activate this diamond of consciousness…so that you may all link with this diamond of consciousness….And as you're linking with this diamond of consciousness, I bring this diamond into the hearts and physical bodies, the hearts of every one of you. Sham-Ba-La! Sham-Ba-La! Sham-Ba-La!

…Understand, brothers and sisters of Shamballa, brothers and sisters of I AM America, that you also are the Lords and Ladies of Shamballa! Who are the Ascended Masters? Who are the Galactic Masters? Nothing but aspects of yourselves! They are not something that is separate from you. They're not somebody that is separate from you. Understand that the whole of creation is linked with the thread of love from the heart of Mother/Father Source. And as this thread of Love links the whole of creation, you are linked with it. Even if you have spent lifetimes trying to separate yourself, and hold yourself in the darkness of non-love. Make the decision in this moment that you will allow this energy of Shamballa, the collective consciousness of the diamond and the love of Mother/Father Source, into every sub-atomic particle of your crystalline light body, your body of mastership, and your body physical. Such a wondrous sight! If you could see what is happening from my perspective here you would marvel at the glory that each and every one of you are in this second…….Sham-Ba-La! Sham-Ba-La! Sham-Ba-La!

Now let us take the final step into mastery. See, feel, allow, imagine yourself now, if you are laying down or sitting, standing up. There is no need to physically stand, just see, feel, allow, imagine yourself standing up. Standing as this pulsating hologram of light and love. See your adam cadmon body manifesting in front of you in all of its glory and perfection—again, pulsating with the glory of Mother/Father Source. And now in this split second, put one foot forward, one foot in front of the other, and step into this body of light, this body of mastery. Do it now, just like stepping into a shower cabinet, stepping into a crystal, stepping into a pillar of light flowing directly from Source through your God and Goddess Selves, through your I AM Presence and into your body physical. Take the steps now —integrate! Integrate! Integrate in this moment your mastery……

You are the glory of God/Goddess in this moment! And not only in this moment, but in every moment that is left in this round of creation. The day for denial is behind you. The days of denial, let them forever be lost in the mists of time. For understand that the past doesn't exist, it's gone. The future doesn't manifest yet, for you haven't dreamed it. The only place you have to live is the perfection of the moment. Get used to living in that moment of perfection, that moment of spontaneous love, harmony, balance, happiness…….Happiness is a gift to you from Source. Many are inviting God and Goddess into their lives, and then on another level refusing the gifts that are freely given. Many would sooner live within the constraints of their emotional bodies, than to step outside those constraints into a new life. Many prefer the constraints because they are familiar. They may not be too pleasant, but you don't have to change. But change is the nature of creation! Energy flows, energy moves! Creation is constant change. Become part of that change. Allow that change to be you…..So we will give you some moments now to reflect upon my words, to reflect upon the things that we've done, to bask in this energy of love, this energy of light. And during this time that we give you to integrate, I Germain will just move around you, using the body of this channel…….[words too faint to register]

FOURTH LEVEL INITIATION [words too faint to register]

….I Germain welcome you to the fourth level energies. Just spend some time integrating

(Das) HANDS ON! SHAMBALLA ON!

Haridas V Workshop

THE MAHATMA MUSIC

That's a track I made about 5 years ago. We actually had number 1 hits with that track in Europe, and it got massive air time play on radio stations, and through the whole—you don't have the same kind of dance music scene here in America as we do in Europe and Britain. I've actually seen this track working with over 5,000 people grooving to it. And at the same time we were projecting dancing laser star tetrahedrons—a laser light show—and also skull projections. We had all the walls covered with flower of life symbols, and sacred geometry, in UV, and then we used black light on it. What you do is, you actually turn the place into a 21st century space temple, and go for it. We actually

had a lot of fun with it. We had mainstream TV and all the rest of it. It's actually off release now. It's like all tracks, in the end, they come to an end. I was quite glad, actually when it came to an end, because I got the copyright back off the record company then. Contract release. Originally after we made the track—its amazing what you can do with an electronic computer and half a million pounds worth of electronic equipment.

So we actually made this track in seven days. In seven days the Lord did create…We did it in 5 days and nights, and two days it took to make the track. I was very lucky to have the most up-to-date recording studio in Europe, free of charge. Than kind of studio equipment, you have to do some serious manifesting to come up with the cash to get into a studio like that for a week. People like Jean Michel Girard, and bands like Genesis use this studio.

It all started off when I was invited out to dinner with these people. I didn't actually want to go, I was sort of bamboozled into it. So I'm sitting at the table, kind of tired, and I said, "It'd be really nice to make a Mahatma track." Somebody was talking about other music stuff. So I said, "It'd be kind of nice to make a Mahatma track." About half past twelve that same night, the phone rang at the place where I was staying. The people said, "Remember at dinner there was that guy Mark." And I said, "Yeah, I remember." He said, "What you don't know Das is that he's got the most modern recording studio in Europe. It's actually on this island [the island of Jersey]. He's just called up to offer you a week in the studio and the services of a sound engineer." So I said, "Wow." The island of Jersey's only 9 miles long, so the invitation was, "do you want to get your asses over here now and make a start?!" So we said, "Yea, ok, who's going to come?" So the two people were staying with me came, and my girlfriend at the time, Caroline. We got over there, and there's Mark and his girlfriend Karen. So we went down into the basement studio, and we sat there drinking bottles of coke and eating pizza. It's interesting, when we were grooving, somebody'd put out this picture of Djwhal Khul, well he was one of the ones on the Upstairs Team on this track. We christened him at the time "Daddy Kool". Hilarion had a bit to do with it, so he was christened Harry Hilarion". And Ashtar. How we actually made the track was, with computers you can see sound representations on the computer screen—generate the sound and you can see the sound pictures on the screen. So then it was dead easy. "Ok Das, just click the mouse and pull the sound here, pull it there, pull it there, pull it there." So that'd be just one sound, so I'd say to the sound engineer, "that's the basis"—the basis is the drumbeat. That's what you lay first, you decide what drumbeat you're going to have. And of course, all the time you're sampling off of CD's—there's actually 76 instruments and two choirs, and one didgeridoo, and Dr. Das on that CD. And the only thing that's actually completely live is my voice. Even the didgeridoo, I only went "Wruff', wruff!" onto tape, and then we just sampled that, and laid it over as we go. We'd decide what we wanted to do next, and the sound engineer would lay it over the drum beat and run it past me, and I'd get "No, no, that's not quite right." Ok, click click here, load it in, it's only a question of clicking in the right places. And in the end of 5 days, we actually had the track, complete as it is. We put all kinds of little nice twisty bits into it—there was one place where I said, "we ought to do a little Merkaba activation in here." And what about the voice-over, well Ashtar said, "I'm going to give you the voice over. So what I'd like you to do is just sit down in front of the mixing desk with the microphone, and the cans on your head, and tune in>" So I did an hour and a half, actually, of channeling. So I said to Ashtar, "we've got a 15 minute track, and an hour and a half of channeling, what're we going to do?" and he said, "Get someone to transcribe it." So somebody transcribed it, there at the studio, and then he said, "Give it to the sound engineer, he'll know where it'll fit." So the sound engineer then took clips out of it, overlaid it into it, and on the 7th day we had it. We were sat back and said, "Yea, this is it, this is cool."

What the track actually does is it activates your chakras—it goes from your Earth Star to your Soul Star, as you groove. It was quite interesting, really, what happened after that, because as soon as we had a promo CD made, people started calling me up and saying "Wow, Das, so you've appeared back in the music scene again. This is really cool. Do you want to do some stuff with us?"" And people started asking for exclusives for their radio show, and all this kind of thing. So actually the Upstairs Department took care of everything. A friend of mine who does a radio show, a dance radio show three times a week on Britain's main nationwide radio station called me up and said, "Can I have an exclusive on the track for 6 weeks, and I'll really hammer it for you." So I said, "Ok, we won't give anybody else the track." And he played it three or four times on every show. And then, all the dance club DJ's were saying, "We want it! We want it!" So then we did pyramid promo from there. And then Virgin Records called me up—we'd done what we call "white labels", vinyl's for the DJ's, just pressed with white labels, you just write on the labels what's on there. So Virgin Records calls me up and says, "Fantastic track, Das. We'd like to buy it." So I said, "Ok, what do you want to give us?" and they said, "Thirty-five thousand. Where shall we fax the contract?" The guidance I got was, "Don't sell it to them. Because if you sell it to them, they'll try clipping it." But in fact we made the track so there's nowhere

where you can actually get into the track and re-mix it. No place can you get into it. So I said to Virgin Records, "Well, you can't re-mix this track. Part of the contract will be that you take the track as it is." And well, because they think they're powerful people, they said, "Well, we don't want that. You either sell us the track, or whatever." "So we said, "We don't want to sell it." So we went on to independently promote it, and in fact I have a quarter share in a record company, which has never made a profit since its formation. In fact the company accountant usually pays the company registration fees. Because he likes us. He's never actually made any money. It's called Sidetrack Records. So we decided that Sidetrack could handle it, and we'd promote it. And in the end, as I said, it made No. 1, got played all over Europe. It was a real great success. And then two years ago a company in Britain who'd handled the distribution for us called me up and asked me to make a 12-15 track CD. With the same sound engineer, 2 weeks of studio time. Starting on such-and-such a day." But in fact we never made it to the studio. It's really funny, they called me up, and I was somewhere in Europe, and they said, "Hey Dr. Das, you're supposed to be at the studio, did you know that? There's nobody here." And I said, "Oh, yeah, we can't get the crew together. Two of them are gigging in Holland, and they don't want to stop the gig. I'm workshopping. And Mark's decided to take on a contract with Jean Michel Girard, a re-mix contract. So we won't be coming." Well the record company freaked out. "What? There's people who'd give their right hands for an opportunity like this!" But we said, well maybe another day another way. It's cool.

It's now off release. I signed a contract with a distribution company that gave them the rights for five years in Britain and Europe, but we excluded Australia and North America, just in case. So it's five years or the life of the track. So a couple years ago I called and asked, "What's happening with the Mahatma?" And he said, "Oh not a lot." "Would you say the track's dead?" "Yea, the track's dead." "Then send me a contract release." So we got the copyright back. I haven't really gotten around to doing anything about it. I have around 200 CD's, and 2 ½ thousand white labels—those are collector's items, now. But I'm just sitting on them. I'm willing to re-release it if somebody knows of a distribution company that might be interested.

I was involved in this setup called Electric Groove Temple. As part of it there was a company called Temple Décor. We had what we called the Mahatma centerpiece—it took 6 people 9 months to paint on the floor of an aircraft hangar. It was huge. You could take it into a very big warehouse, and it would cover the whole ceiling. I've got photos at home of different stages of the painting and design of this Mahatma centerpiece. In some of the photos you can see the energy curling around the legs of the people—they were standing on it and painting. A really cool piece of work, it was. Really good fun. But it's like everything. You don't have the time to keep going with it. Do you want to workshop, or do you want to go back into the music business? And with this CD, the next release I'll do it differently. Now it says "copyright: the Lords and Ladies of Shamballa". It says, "mixed by I AM Studio, Channel Islands, Jersey". "Sound Engineer: I AM". So actually there's nobody's name on there at all, who was involved in it. And the reason I did that was, at the time, the Upstairs Department told me it was going to be big. So when we designed the CD label I said, "Well, I don't want my name on any of it." Dhwhal Khul was saying to me, "Be careful with this one, Das, because you could get totally sidetracked." It's interesting that our record company is called Sidetrack Records. "You could be out of the workshopping scene forever, and back into the music business. You're going to be big, but it's not the same." So I think the energies are right for a re-release now. I might do that. It got released in Italy. This is a funny story. I was sat at my desk one-day, in SW England, and the phone rings. An American voice on the other end. "Hey, is that Dr. Das? I'm contracts manager for a record company in Rome, Italy. We're interested in a distribution for the Mahatma CD. We'd like the Digital Analog tapes, then we'll make CD's from that." I told him there weren't any of the originals, we wiped them after the first CD's were made. He said, "Well, you've got to be totally crazy!" And I said, "Well, it was instructions from the Ascended Masters." He said, "Who? Do you know anything about the Ascended Masters?" And I said, "Yeah, a bit. Do you?" And he said, "Yeah! I do!" So we talked a bit, and he said, "I recognize your voice." And I said, "Yeah, you sound very familiar." It turned out that we knew each other in the late 70's. I was doing crystal workshops in Glastonbury, and also channeling Chang for crystal evenings and things like that, and he was part of the group. So then he said he'd copy from a CD, and wanted to do everything at once. "The Andromedans have invited me to go on ship for 9 months, and I'm trying to get everything sorted out before I go." So, it's just amazing, how all these things happen.

Haridas VI Workshop

[Shamballa as a mantra.]

Get more and more comedy into the work. Have everybody laughing at themselves. And challenge the established control systems. I was invited to speak at this big UFO conference. So what I did was just make jokes. I got this friend of mine to do it with me: the energy of the Goddess skit. …

Swami Beyondananda—completely off the wall. If you ever get a chance, go see him. Hilarious. He works on the activation of the clown chakra. Germain just said, "You're babbling Das!"

Yes, there were a whole lot of beings that came through this time. So many of them. I was going to say "unbelievable," but they say, "You'd better believe it!"

BRINGING IN THE MAHATMA (and CHAKRA CLEANSINGS)—Germain/Vywamus

We have teams for opening up crown chakras, even. Chakra balancing teams. So, Germain called in the team. I could feel the energy arriving. When the energy spread itself out around the group, I could also see that the team was composed of individuals. So now we work on gently opening and clearing the crown, and simultaneously activating the earth stars. And I want this work done in accordance with the I AM Presences of each and everyone here.

What I personally perceive now, tingling around my head, and I feel the energy coming into my body, down, and my butt is definitely grounded into the earth. Now we shall search for any blockages in the crown chakra, self-imposed or imposed by others. Now in accordance with the I am Presences of all, we remove these blockages.

Now we move up to the 8th chakra. It's above your head. In accordance with the will of each I AM present, (snap).

Now, 9th chakra, a little further above your head. You don't have to know where, just focus there.

Now, in accordance with the individual I AM's….[snap!] Let's always keep aware of the earth chakra, to keep grounded.

OK lets go to 10. Again, working in accordance with the will of the I AM's…..[snap!]

Let's go 11. In accordance with the individual I AM's……[snap!]

Ok, number 12. In accordance with the will of the I AM Presences…..no. 12 clear! [snap!]

Now let's bring this clear energy down through 12, 11, 10, this mahatma energy. 9, 8…Your I AM Presence knows exactly how much of this energy you can take in. We're going to bring it down down down into the 7th. We're focusing on the clearance of the 6th now. Come on team…[snap!]. Now, 6th clear. Bring the Mahatma into 6.

Now 5th chakra. According to the will of the individual I AM's….again, bring in this Mahatma energy into 5. [snap!]

Now into 4, the higher heart chakra. We'll spend a little more time here. So now let's just clear 4, with the will of the individual I AM Presences. All this work must be done according to the will of the individual I AM presence. What your ego requires has nothing to do with anything here. Ok, we'll clear 4…[snap!] Bring in the Mahatma to 4. I am that I am, the Mahatma in love.

3, into the solar plexus. Well we all know a lot of people have a lot of stuff here, emotional things. Again just ask the team….according to the will of your I AM Presences, we'll take out everything we're allowed to. Now bringing in the Mahatma energy in here, clear again [snap!]

Now 2. What have we got in 2? Anger, repression. Being repressed, and repressing others. Bring the Mahatma energy in again. According to the will of the I AM Presence let's do this one…come on team, let's get down there…..[snap!] Bring in the Mahatma.

Down to 1. Clearing out this 1. Bringing the Mahatma in. [snap!] Great.

Now let's bring in the Mahatma energy, down through your chakra column into your Earth Star….I AM that I AM, the Mahatma in love, silver gold and violet…..We'll bring this Mahatma energy down, in accordance with the will of your individual I AM…I 'd like you to run an affirmation through your minds: "I affirm I am now ready to receive the Mahatma in accordance with the will of my I AM Presence. I AM that I AM. Do this out loud or run it through your minds.

I Germain leave now this work to Vywamus.

I Vywamus call upon the I AM Presence of Mother/Father Source, and your individual I AM Presences….call upon your subconscious minds, and your conscious minds, call upon your ego…Don't notice, the Mahatma energy is coming your way….I AM that I AM Mahatma in Love.

So now, as you breathe in, we're going to infuse this Mahatma into your activated Light Bodies. As you breathe in, see, feel, allow, imagine this gold/silver/violet energy of Mahatma, integrating your crystalline light body, your adam cadmon light body of perfection ……See the silver/golden/violet pulsating……and understand, you are love. Allow yourself to feel, allow yourself to love, and to be loved. At this moment you can make the affirmation, "I AM that I AM the Mahatma. I give myself permission to love myself. I AM perfect. I AM that I AM." …….

Now in this moment, I Vywamus, in association with Metatron, offer you the activation of the Light Body of Shaddai….The Light Body of Shaddai, the Metatronic Light Body…..in accordance with the will of each individual I AM Presence…. I integrate this Metatronic Light Body into the adam cadmon Light Body……..You may at this time see, feel, allow, imagine a cloak of light, just like the cloak of a magician, the cloak of Sananda…..And this cloak of light, it IS the Light Body of Shaddai, the Light Body of Metatron. And now if you visualize, see, feel, allow, imagine, this Light Body, this cloak now surrounding your body physical, your adam cadmon body….Also at this time we bring you, if you wish to receive it, in accordance with the will of your I AM, we bring you the Melchizedek Diamonds and Crystals. These Melchizedek Diamonds and Crystals, packets of information….these light packets could be activated as Divine Light Codes in your adam cadmon and Metatronic Light Bodies. If you wish to receive them, just affirm in your minds that you are willing to receive them. If you don't wish to receive them affirm that you aren't, and you'll not get them. …..Again, it all takes place in association with the will of your I AM. So now we offer these Diamonds and crystal activations, these light packets of information, now [snap!]…

Now we bring you so-called hidden knowledge, Dead Sea Scrolls…..Again, these are, I'd say packets of pertinent information …….If you wish to receive them, again all in accordance with the will of your I AM Presence…now we load these codes into your Light Body, as it's appropriate for you to receive…..[snap!].

Now we bring you the sacred cosmic fire letters, the sacred languages……These letters are encoded with the Mahatma energy, that's flowing through you…..As the Mahatma energy flows through you, just bring these cosmic fire letters into the whole of your cellular structure, your molecular structure, sub-atomic particles, microtrons, super electrons……..into your Metatronic Body, into your activated light body…..bringing the Christ Consciousness codings —each and every one of you are Christ, Christ each and everyone of you, if you desire in this moment….

……We activate these fire letters NOW [snap!]. ……

Now also it will, in accordance with the will of your individual I AM Presences be encoded, these codings, these packets of information, these fire letters into your chakric systems……We activate the Christ consciousness within each and every one…….We ask the chakric activation teams now to help with this work……..

REMOVAL OF THE CRUCIFORM HOLOGRAM—Vywamus/Sananda

So now, as we activate all of these energies, we call upon your godselves, each and every one……I call upon my Godself. I also call upon each and every person's multidimensional aspects. Call upon Mother/Father God…now we will proceed according to the will of each individual's I AM Presence…..At this time I will inform you that most of you are holding a hologram within you of (lost?) love……Those of you who have predominantly Christian lifetimes in

the last 2000 years especially hold this hologram. We will call it "cruciform hologram"—"remember, Christ died for you"—he didn't! That's what you have been told, many have believed. You believe you should suffer now, for your sins. There is no "sin." Mother/Father God forgave you before you did it. Forgive yourselves, my friends, it will make you free. So now we're going to remove—again in accordance with the will of your I AM Presences—this cruciform hologram. We have a team formed for this, so I call in the Team relevant to this work [clap!] At this moment I ask you all to get ready….for this removal….recycle into love, recycle into light…and at the same time, fill the space with unconditional love, Christed energy. I hope you understand that each and every one of you know that you are Christed, that you are Christ. So, now, we're going to wait a few moments for you to do this…take a breath and blow out for removal….ok, let's do it NOW! [whwooooo] So now, open your hearts, to allow the light and the love to flow into your hearts…….

I AM Sananda. Many of you know me as Jesus Christ. But I am not Jesus Christ, I am Jesus the Christed one. Each and every one of you is christed ones. I am here in my Sananda aspect to help you to fill the spaces left with pure love [unintelligible here] And as you forgive yourselves, you become whole. As you forgive yourselves, you step into your mastery, your christedness. Remember, in the records of my healing, in my Palestinian ministry, I always said, "You're forgiven! There's no need to [make yourselves separate anymore?] You're whole! Forgive yourselves. [unintelligible] Feel this love…this love is mixed with the Mahatma…As the Mother and Father of all things shower their love upon you in the form of the Mahatma energy, I Sananda shower my love upon you. The time for denial, self-sabotage, and resistance is now past. It has no usefulness anymore. I AM that I AM Love—your new affirmation. Have compassion, for yourselves! [unintelligible] The changing of (your whole consciousness?) begins within you now. Love—you are. ……..My mother Mary wishes to speak with you.

MOTHER MARY

I AM Mary. Many of you would know me as the mother of Sananda. But I am much more than that. I AM Goddess. I AM Quan Yin, and all the other aspects of Goddess. I'm here to speak with you about compassion. I've come to speak with you about nurturance, forgiveness and love. Forgiveness brings freedom from all constricting energies….I am the champion of women's freedom. For Unconditional Love is the energy of freedom. Freedom is nothing else, but Unconditional Love. And now, my brothers and sisters, is the time—it is the time to love. And as my son Sananda said, it is the time for compassion—compassion for self. In this time I would like you to just imagine yourselves, to put your arms around yourself. Or you may physically do this, hold yourself, and say to yourself, "I love you unconditionally. You are such a beautiful being! I love you as much as Goddess loves you." Because you are beauty, you are that energy that God and Goddess is. As you love yourselves, you find yourselves becoming free of constricting ideas, constricting philosophies. And the freedom that you can experience in love. Remember the times when you experienced a small fraction of love—we can conjure up a picture of you running through a field full of flowers, feeling joyful—running through a field of flowers, feeling that openness in your heart—"I'm in love, I'm in love!" Remember the feeling? That's only a small aspect of the love that's available to you. As you love yourselves, just catch a glimpse of the freedom that you've experienced in these glimpses of love, that you have experienced in this life. And hold the concept within your hearts that that was only a small aspect of what is available to you. "Freedom that I never ever checked on. Empowerment which I had no concept of!" Allow the love into your hearts now. Allow the freedom through this love to manifest in your minds. We love you. Our vision for you is only love. I leave you with it, and I leave you with my blessing. Bless you.

HARIDAS VII WORKSHOP

CHANNELING

Most people are too busy trying to get it to happen, to allow it to happen. That is the secret, to allow it to happen. I believe everyone on earth is a channeler, you're all doing it all the time. You've just created extreme blockages against it. And you argue with your selves all the time. "Did I hear it? Ah no." Germain says it's the pitiful human condition. We actually laugh our heads off, the way people perform, the way they get into denial. "Did I hear it? Who said that?" The first rule of channeling is "open mouth." Unless you open your mouth, you won't channel, you won't speak. We're

here to empower you. What we don't want you to do is turn your bodies over to us. Sovereignty over your own bodies. We ask you to speak our words. And as you learn to ground the energy, through speaking our words, you become familiar with it. You ground our energy through your body. If you don't want to pass on something we are saying, you can refuse.

So when you open your mouth, say who you want to channel. "I AM Sananda [or whoever]" That opens up the gateways for that energy to come through you.

I AM Sananda. Through his affirmation this channeler has allowed me to use his brain, use his words. If you don't know what to say after that, just say "Good Morning" or whatever, and give the energy more time to ground into you. It's brilliant to practice using a tape machine. Take deep breaths to integrate the energy. Just practice with it. You'll find when you play it back that you're using different sentence construction than you normally do. You may hear more deep breaths than words. That's ok. Just practice.

DAS ON TV

The last TV show I was asked to go on was called "The Inquisition." Kathleen put me up for it. They said, "We're going to get some of the church elders from Aberdeen, with a studio audience full of new agers, to cross examine them." Kathleen convinced them to switch the whole thing around, have a New Ager in the chair and church elders in the audience. Then she volunteered me.

So I arrive at the studio on Thursday evening wearing a nice silk suit and my intellectual glasses. There were lots of church guys there. We were all milling around, chatting, not knowing who was who. They didn't know I was the guy who was going to be on stage. …

So I walk up on stage, sit down, and the guy says, "Here we have John Armitage, a representative of the new age. John, you've got three minutes to say your piece." Well, I didn't have a clue what I was going to say. So I sat there a couple of seconds. Then Vywamus said to me, "You're wasting time, you only have three minutes." So I said, "What'm I going to say, Vywamus?" So I just opened my mouth and said, "There's nothing wrong with religion, it's just been bastardized, the truth is hidden." (I thought, "Oh shit, you're in trouble now!") "Religion and the church have lost sight of the true teachings of Jesus, which are forgiveness, non-judgment, unconditional love and healing. And the most saddening part of it all is, the church actually turned out to be oppressors of the feminine and goddess energies." (So I thought, "Right. You're definitely in trouble now!")

So then the presenter said, "Well, ok, does anybody want to do this fellow, is anybody going to nail him up?" So a woman on the church side of the audience was the first one to speak and she said, "I totally agree with you, about the feminine aspect you speak of, and all this." (And I thought, "Well this is cool. Everything seems to be working out just fine.") Another woman said something about swapping one religion for another, she said, "I think a lot of you new age people have just moved from Christianity to a new age religion." And I said to the presenter, "This is where you fall over backwards, because now I'm going to tell you that I am NOT a New Ager."

We went on for 45 minutes or so. People kept saying, "I don't want to argue with you…" And I'd say, "Do it! That's what we're here for!" And they'd say, "Excuse me…." No one really went for me big style. And I thought, "Well, that was easy." So they gave me a video of it and sent me away.

The next time the TV company came to our house, they said, "We'd like to do some footage of your house. This is a show called 'The Really Loud Show"". It's for young people, lots of techno-music. Always there's a part called "The Weird and Wonderful" section. So this lovely lady came with a film crew, she's an American, probably of African origin, really tall, 23-4 years old, full of energy, really bubbly. So they came over to our house for the day with a TV crew. They were filming crystal skulls—we've got tons of crystals, everywhere. I'm pulling out big crystals like this and saying, "Put the lights on this, you can see all the stuff in there." More and more they're getting more and more spaced out, more and more spaced out, more and more spaced out. They finished it off with some shots of the stone

circle in our garden. She was completely out of it by then—she was standing in the stone circle, in the kiva, and she said, "Wow, these mysterious stones, do they have a secret to release to me?" It was just really really cool. They interviewed me and Kathleen about skulls and everything, and at one point she said, "Don't people think you're weird? " I got instant guidance, and I said, "Weird? You know the real meaning of the word 'weird'? It's 'wired'. And we're wired to the collective consciousness." So they showed it three times.

We did another one with stargates, with this other TV Company, 5-6 years ago. All the guy wanted to do was to nail me up completely. It wasn't live. We go to the studio, build a big stargate, unload half a ton of crystals and all the rest of it—I took a few people with me. The interviewer kept asking me what he considered to be off-the-wall questions. To me they weren't off the wall at all. He started off with, "Well now we have Dr. John Armitage. This really is a weird and wonderful show. He actually believes that people get healed with crystals and stargates, and he also believes that people will be healed watching this show!" And then he went into, "Have you told me you got these down from some extraterrestrials, Dr. Armitage?" "That's correct." "Have you ever heard of the Ashtar Command? Who are they? " "Well, they're a group of extraterrestrials (blah-de-blah)." Well, every third word I said was "Unconditional Love", but they cut all of these out. They left everything in about the Ascended Masters, extraterrestrials, Ashtar command, all the rest of it. He actually finished the program off quite nicely. He had this huge piece of rosy quartz, and he sat in the stargate and he said, "Well, something might have happened for some people today, but nothing happened for me." And then they did some trick photography, he disappeared, and the rosy quartz was left sitting in the stargate. It was cool!

So when they put the program out, they also gave a number to call in for more information. I told the researcher, "Ok, I want to make a deal with you. I put myself on the line here, while you tried to make a fool of me, so if it turns out than any aspect of this is real, we'll do a show—we'll actually do a mass healing through the medium of television." And of course he said, "Yeah, yeah." He welched on the deal, when people started calling in and saying, "Hey, can you give me this guy's phone number. I got healed watching TV!" "I made a video of it. 16 people have got healed, watching the video." Really off the wall. But they wouldn't go along with it.

So, THEY are looking for an opportunity of doing a TV show—we've already done it, we know that it works. We did one with the BBC on firewalking. First we had scientists saying it was impossible, then how it might be possible, and then we did it. The gem of the show was, one of the scientists was Russian, wearing an impeccable suit. The scientists were there, measuring the temperature of the fire and everything. After we were done, he took his shoes off, rolled up his trousers, and walked across the fire.

SANANDA

I'm just going to say a bit about Sananda. ….. Someone was asking who he is. We tend to think everybody knows what we consider to be basic. He was Jesus. He was just called Jesus in that lifetime. I mean, he did cause quite a stir during that lifetime, when he was Jesus. People are still talking about it now. It really shows he made an impression on the consciousness of human beings. He was 33 years old when he started doing his stuff. Previous to that he was clearing his stuff. He'd been studying with various kinds of monks, yogis, magicians, including Tibetans and Druids, Indians, many others. He was very very well traveled. His uncle was Joseph of Arimathea, who had all the setup necessary for travelling, because he was a commodity trader. He knew about taking caravans to China, he had boats, knew about navigation. Contrary to popular belief, I mean people sailed around the world long before people nowadays have an inkling that they were. People came to this country long long before Germain came here as Christopher Columbus. There were lots of visitors. In fact there is this story in Iceland, that they were here. Also Scots/Celts, Chinese people….of course me being a jovial character, the Celts coming here and all, sometimes I ask Scottish people what they think Scotsmen are? I think they're just Irishmen who can swim.

But Jesus got around all over the place when he was young. Mother Mary was his guru, as is every woman the guru for their children. Many women seem to have forgotten or lost sight of that fact, not as a judgment but as an observation, that women are the gurus for the future. They are the people who have the most influence on children when they're young. So Mother Mary had taken on the task of being the first guru of Jesus. Then as time went on he did his journeys, and all the rest of it. I was around at that time that's where the jokes about Luke come from. Me and Jesus were actually quite good friends. I went on a lot of the travels. I was 2 years older. When we went to

Glastonbury, in the UK, I was 16 and Jesus was 14. [end of tape]

[beginning of next tape]

They say he was the Son of God—well, aren't we all? No argument in that. His mission in that life was twofold. He came to teach us about Unconditional Love, forgiveness, non-judgment and healing. In fact he was a great channeler, which most people don't realize. All the work he'd done previously before he started to be recognized as the great healer he was, he'd been preparing himself for the moment that he could actually integrate the energy of Maitreya. Who's Maitreya? He's the Buddha. So the words that Jesus spoke, during his Palestinian ministry, and the healing energy that he worked with, actually came from Maitreya—all channeled from Maitreya. In fact, when he was on the cross, a couple of things went wrong. We didn't actually plan it exactly the way that it went, but that's life in 3-D. Other people co-create with you, that you haven't allowed for in the equation. Jesus actually took his 5th initiation on the cross, that was the plan. Any of you that have done any Bible studies—one of the disciples actually recorded that Jesus said to Judas, "Go and tell them where we are." Because if Judas hadn't told them where we were, the plan wouldn't have gone ahead. The Romans needed to know exactly where we were.

In fact, at the last supper, there was no food, and nobody had any money, and Jesus said, "well, where's Judas? He's the only one with money, send him out for a pizza!" --That's a joke, it's permissible to laugh. Sananda likes these kinds of jokes. It helps get people over their holiness where Jesus is concerned. It's like, when they put him on the cross, they said, "mind crossing your feet? We've only got one nail left." He's going to tell another one, he's on a Jesus roll now….[more of the same]

So, the crucifixion was all planned, so Jesus/Sananda could take his 5th initiation on the cross. He didn't die for the sins of humankind, or anything like that. He didn't die on the cross, even. Mind you, it was close. Well actually he did die, but we managed to resurrect him again. You see, the crucifixion was planned for Friday afternoon. If there's any Jewish people amongst us, you know that sundown on Friday is when the Shabbat starts. It was illegal under Jewish law to have people nailed on crosses during Shabbat. So the plan was, he's not going to be up there very long. In fact, many people were crucified in those days, and a lot of them survived. They may have had serious damage to their bodies, but not everyone died from being crucified. You were tied up as well as nailed.

So that was the plan. One thing went wrong, though. Because there was so much excitement, so much emotion in the whole thing, one Roman soldier got carried away, and he stuck a spear under Sananda's chest here. It was that that almost killed him. During that time—of course he was a yogi, and had control over all of his bodily functions, so he'd actually shut down his bodily functions. When he said, "Father, why hast thou forsaken me?" He'd actually lost contact with Maitreya. The translation came out like that, when it was translated from the original Aramaic. Then they took him down, because Shabbat was coming. He was for all intents and purposes dead. So we took him away to the cave, which Joseph had already bought, it was all part of the plan. There was me and Luke and some others, Luke was a healer and worked with herbs and such—there was a whole crew of Ascended Masters standing by. It was very interesting, when I asked him a few years ago what it actually felt like—when we were all saying to him, "Hey man, don't split out now, because if you do, the whole plan's going to go down the drain." He was saying "Yeah yeah, but my body's going cold, and I don't want to go back." When he started to integrate his energy back into his physical body, it was like putting on a wet coat, a soaking wet freezing cold coat. At that stage he was very willing to blow the whole plan, not to do it, but in fact Maitreya and some of the others in the Upstairs Dept. did persuade him. He became famous for all that, but then of course the church took it and contorted everything and said Jesus died for you—to make you feel guilty. Because if you can keep people feeling guilty they're not empowered. So it's just part of this experiment of religion. Really there's nothing wrong with religion except that it's a bit like the statement I made on the TV show. All religion is actually a bastardization of the truth. Contained in every religious philosophy is the absolute truth—but the way it's put over, and especially translated from other languages, the truth starts to become very well hidden. So that's who Sananda was. It wasn't his last life on earth. He didn't ascend when people say the transfiguration happened on Mt. Tabor, he didn't ascend. What the plan was was to activate his lightbody and get him out of there—activate his merkaba. Elijah and Melchizedek were there activating his lightbody, and poof! He disappeared in a pillar of light. Everybody said that he'd ascended. That actually started an ascension rumor on planet earth, which is still going around now, and actually brought about a big imbalance energetically in the collective consciousness of humans and also in the consciousness of Lady Gaia. Previous to that time, when it was said that

Sananda ascended, people used to when they put their bodies off, to migrate into the earth. But after that everybody wanted to ascend. Well it's alright if some want to ascend and some want to go into the earth, but if everybody wants to ascend, and there's predominant focus on ascension, obviously it brings about an energetic imbalance.

So Sananda had this potential for martyrdom. Remember he'd put himself for his 5th initiation in the form of crucifixion. It's very very good news now for everybody that you don't have to be crucified to do your 5th initiation! That's in the past and all over. Sananda did that, and now we know that you don't have to do that. So there's not going to be an upsurge in the carpenter trades as we expand our consciousness.

But he had the potential for martyrdom, because he'd also martyred himself in another lifetime, when he was an Atlantean king. In fact then as well Judas was a kingpin in that one. So then he came back as Appolonius of Tyanna, which is in Lebanon. He was a Lebanese prophet. Most of his work, his teachings were very similar to his teachings as Jesus. But his works were destroyed in the great fire at Alexandria library. So that's a bit of Sananda's background. Sananda's surname is Kumara. You might have heard of the Kumaras, any of those of you who have studied Hinduism, you might have heard that the Kumaras are the first created sons of Brahma, the creator. There's Sanat Kumara, the planetary Logos, and the others, whose names escape me now.

Before he came here, in his Palestinian ministry, he incarnated on Venus. He's not Venusian, but he did incarnate there. And of course, the beings of Venus are very much concerned with Unconditional Love. We know that even in our very basic 3-D philosophy it's often said that Venus is the god of love. So that's just a bit of the background of Sananda. And what a great being he is. He's just a being full of love, full of compassion for all, for everything and everybody—and is available for everybody to work with. I used to have a campaign—"Jesus save me from your followers!" I got that one in Bolder, CO. What can I say, he's starting to ground his energy in me, and I'm becoming overwhelmed by the magnitude of the love that he brings with him. He's a really great being.

ASCENSION

When I took my ascension in 1994—I think it was 1994 anyway—I was sat there one day, like this, and then there was this big pillar of light. I said, wait a minute, I didn't tell anyone I needed beaming out. Because sometimes I do visit spaceships. I looked down this pillar of light, and my body wasn't there. And I thought, that's interesting. I was sat cross-legged on the bed awhile ago. I'd been going through a terrific amount of emotional processing in my heart. I actually felt at the time that I was going through my 5th initiation, I mean I really felt that, felt I was crucified. Then all of a sudden I find myself in the 5th dimension, and this whole crew of the beings that I work with were there, "hey Das, what's it feel like to be an ascended being?!" "What?!" "Well, you just ascended man!" "Nah—I felt I was just taking my 5th initiation, felt like I'd been crucified for the last month or so. I'm emotionally shot. How can I ascend?" and all this. They said to me, "ok who are you going to believe?" and I said, "Oh Kuthumi, Dwjhal Khul, Sananda, rustle up any of them, I want to hear what they've got to say." Sananda was one of the ones that actually came and said to me, "It's true, Das, you've ascended. Look at you, you're here." It was a quite interesting experience. Then I had the opportunity to remanifest, and that's what I did. So when we talk about these initiations, and we talk about ascension, there isn't a person in this room that hasn't taken at least one or two levels of ascension. Integrating your light body and disappearing in a puff of light is the LAST part of the ascension process. More or less everybody on planet earth, even if they don't know anything about what's going on, or they consciously don't know nothing about what's going on, have probably taken at least two levels of ascension. There are seven levels of it.

Mother Earth has also gone through a few levels of ascension also. So if she's gone through a few levels and she has this activated light body, well then, everybody else that's living here has to have the same thing. Otherwise they'd be incompatible vibrations, they'd never manifest here.

SHAMBALLA MULTIDIMENSIONAL HEALING
WORLDWIDE HEALERS' SERVICE
EVERY DAY FROM 3-3:30 GMT

As a Shamballa initiate you are welcome to join in with over 200 other Shamballa initiates in sending healing to those who have requested it of us. Simply tune in to each other and the list of healees, and say "Shamballa ON!" Then focus on sending the energies to these people. Hartono Nugroho (who has organized the list) would appreciate it that you register with him.

Those who wish healing may send their names and place where they live to Hartono Nugroho at hartonon@rad.net.id or send their name to the Shamballa list shamballa-md-healing@yahoogroups.com . The healers would appreciate an update a few weeks later as to how the person who requested healing is doing.

Before beginning the healing, say "Shamballa ON!" and ask that all be done in accordance with the will of all I AM Presences involved, for the highest good of all, in accordance with the Divine Plan. If you are unable to take time out of your day at that particular time, simply do as Babba does, and program your DNA to send healing to all on the list at that particular time.

Staying in Touch

Shamballa Website: http://www.users.globalnet.co.uk/~drdas/medatations/meditatations.htm

E-List: shamballa-md-healing@yahoogroups.com
To join the list, go to this site and follow the directions. You will be asked to send an email to the moderator of the group, telling your name and level of initiation into Shamballa Multidimensional Healing, as well as the name of the person who initiated you. The E-list consists of email submissions from Shamballa people all over the world. Babba sends information and recent channelings from Germain and from workshops he has been teaching.

Shamballa Newsletter: Published every other month, the newsletter Evolve prints information and channelings relevant to Shamballa and to Shamballa teachers. It was created especially for those who do not have internet access, but many who do also subscribe to the newsletter. To subscribe (in the USA) send $15 (per year) to: Phyllis Brooks PO Box 792
Wendell, MA 01379
Add $2 for Canada.
Distributors are available in the UK, Iceland, and The Netherlands.

The Shamballa Foundation & Current State of Shamballa MD Healing

Germain has asked Babba to form a foundation in order to keep the Shamballa family together. This will also make it possible for Shamballa initiates (at least in the UK and Europe for now) to join the supplementary medicine Association of the EU. Soon membership in this EU organization will be obligatory for all who wish to practice alternative medicine of any kind. It also makes it easier for members to obtain insurance.

The first rule of Shamballa is that there are no rules. This said, there will be guidelines on what each person who takes a certain Shamballa course can expect to learn; there will also be official numbered certificates.

It is not necessary to join the Shamballa Foundation. If you wish to, send your name and information to the address below. This is a work in progress. If you are in the loop, you will be notified as changes occur.

Germain has said we NEED to create a Shamballa Foundation. We need to standardize our course content. Baba and Germain told us this two years ago, and again more urgently in October at the workshop here. Jan and Baba and some others have been working to facilitate the creation of this Foundation.

There are many reasons for this. Just a few of these: freedom is great, but some people have channeled their egos to create offshoots of "Shamballa" that don't maintain the integrity of Germain's concept and intent. (One of these hasn't even had any Shamballa initiations).

Also, to be taken seriously by alternative medicine societies, and therefore to be able to give credits for our classes, get insurance, etc. etc. (become part of the mainstream or at least part of the alternative health system), we need to standardize.

So it is happening. But Shamballa is cutting edge stuff. It isn't static. You can't really pin it down at any moment, because it is constantly growing, expanding—it is alive. It is also Freedom. And the first rule is that there are no rules. To be part of Shamballa is to be ready to release all that you have held sacred a moment ago, because you have moved into another moment and realized a higher truth. You have gotten a more cosmic view, and in the next moment it may expand even more.

As we attempt to reconcile these two concepts of freedom within a standardized format (that must of necessity always be changing and growing), we must remain flexible and willing to change. There is some confusion caused by earlier forms of Shamballa teaching which are still out there, along with the latest versions, and versions created by people not in tune with Germain.

We have Shamballa 1-4. Traditionally after receiving the 3rd initiation, people were empowered to pass on the 1st initiation. After receiving the 4th, they were empowered to pass on all four initiations. There are many people out in the world who have gone through this system, and who now consider themselves teachers of Shamballa—because they have been told that they are. Well, they are, teachers of Shamballa 1-4, which system will remain for those who want to go that way. Also, there are still people who have had 12D who feel that they are teachers of 12D. They haven't taken 13D, or the 13D teacher training. Well, 12D has been phased out. Live with it. Accept what you got from the course, it is always yours. But that course didn't prove enough to train effective teachers, so Germain has created a longer teacher training intensive called 12+1 D [or 13D]. And NOBODY is to train 13D teachers except Babba, for now.

Germain has said to drop the Reiki connection and the whole dependence on symbols. The attunements of the past (meaning up to this moment) at least in Shamballa 1-4 revolved around putting symbols into people, or attuning them to certain symbols. Attunements are evolving; 13D teachers have learned to just bring down the energies through a vortex. Shamballa 4 graduates must still lay on hands; they will bring through the energies of each level, and include "all 352 symbols" in the 4th initiation, but they will not teach individual symbols as such. Germain says we have evolved beyond the need for symbols, and it is time to stop looking outside of ourselves for the energies. Let go of the dependence on symbols.

The ideal is that all teachers grow into their ability to channel, and that they teach on the spot, the way Babba does, without pre-existing materials. Of course, we will have the new guidelines, to know what material we are expected to cover in various classes.
The Shamballa Foundation
(6th January 2004)
Dear Family Members,

On behalf of the Founder and Chairman of the Shamballa Foundation for Multidimensional Healing, Dr. John - Hari Baba - Armitage and the other Committee Members, I have the honour and the pleasure to inform you with this announcement about the developments of the Shamballa Foundation and its related
activities.

The Shamballa Foundation (SFM) has first been initiated to strengthen the ties between Family members, to give them support in their own development and to create possibilities for future members to join.
Related members in economically less powerful countries or areas, we strive to support them by setting up and financing local healing centres. So far, this has been done by Baba on his own initiative and expense.

Secondly the SFM is created to take the load of administrative and secretarial work related to the Shamballa Family from the shoulders of Hari Baba. Hari Baba has set the wheel of Shamballa teachings in motion may years ago, without the support of a group of people for secretarial matters. This will change now.

In order to know how strong, big and beautiful our Family is, you are kindly invited to send us your details such as name, home address and email address either by email: info@shamballafoundation.org or by snail mail (post) to Shamballa Foundation, Keizersteeg 1, 7722 VB Dalfsen, The Netherlands.

Please indicate also which training/master-ship you have acquired and from whom. We will contact you at a later stage with more information about the Shamballa Foundation (SFM) and the Shamballa Association for Multidimensional Healing (SAM).

For Family Members that would like to contribute to the work of the Foundation, the following information is important to carry out donations. We have opened bank accounts in the following currency:

(Euro) IBAN NL10ABNA0531315746 Swift code ABNANL2A

£ (GBP) IBAN NL79ABNA0498120619 Swift code ABNANL2A

$ (US$) IBAN NL65ABNA0498133869 Swift code ABNANL2A

Bank account numbers are with ABN-AMRO Bank the Netherlands in favour of
Shamballa Foundation for Multidimensional Healing
7722 VB Dalfsen
The Netherlands

Love, Light and Laughter,
Hans de Goeij, Secretary

Don't give your power away to anybody or anything, you are everything in creation NOW. Just wake up and dream.

RESOURCES
Books HIGHLY RECOMMENDED:

Braden, Gregg. Walking Between the Worlds: The Science of Compassion. Radio Bookstore Press, Bellevue, Washington, 1997. [Also Awakening to Zero Point and The Isaiah Effect]

Dewey, J.J. The Immortal. Great Adventures, Boise, ID, 1998.

Eden, Donna & David Feinstein. Energy Medicine. Tarcher/Putnam, NY, 1998.

Ford, Debbie. The Dark Side of the Light Chasers. On embracing your Shadow into wholeness.

Grattan, Brian. Mahatma I & II: The I AM PRESENCE. Light Tech. Publishing, Sedona, AZ, 1994.

Haich, Elisabeth. Initiation. Aurora Press, Santa Fe, NM, 1994.

Kenyon, Tom & Judy Sion. The Magdalen Manuscript: The Alchemies of Horus & The Sex Magic of Isis. ORB Communications, Orcas, WA, 2002. www.tomkenyon.com

McClure, Janet. Prelude to Ascension: Tools for Transformation (channeled from Djwhal Khul and Vywamus). Light Technology Publishing, Sedona, AZ, 1996.

Peniel, Jon. The Children of the Law of One & the Lost Teachings of Atlantis. Network, Ft. Lauderdale, FL. 1997 www.atlantis.to

The White Book
A Master's Reflection on the History of Humanity, vols. 1 & 2 (more coming)
VIDEOS: Creating Personal Reality (5 tape set) & The Two Paths (3 tape set)

Stone, Joshua David. The Complete Ascension Manual; Soul Psychology; Beyond Ascension; The Ascended Masters Light the Way; Hidden Mysteries; Cosmic Ascension; and any others he comes out with in his Ascension series. Light Technology Publishing, Sedona, AZ. www.joshuadavidstone.com

Tolle, Eckhart. The Power of Now: A Guide to Spiritual Enlightenment. New World Library, Novato, CA. 1999. Originally pub. by Namaste Publishing, Inc., Canada. 1997.

Vywamus (all published by Light Technology Publishing, Sedona, AZ)
Channelling: Evolutionary Exercises for Channels (channeled by Barbara Burns). Light Technology Publishing, Sedona, AZ, 1992.
Light Technologies That Trigger Transformation (channeled by Janet McClure).
Sanat Kumara: The Making of a Planetary Logos (channeled by Janet McClure).
Scopes of Dimensions: How to Experience Multi-Dimensional Reality (ch. Janet Mcclure).
The Source Adventure (Channeled by Janet McClure, ed. Lillian Harben). 1988

Wright, Machaelle Small. MAP: The Co-Creative White Brotherhood Medical Assistance Program. Perelandra, Ltd., POB 3603, Warrenton, VA 20188.

ALSO GOOD:
Kryon (channeled through Lee Carroll), all the books. The Kryon Writings, Del Mar, CA.
www.kryon.com
Pleiadian channeled material by Barbara Hand Clow, Barbara Marciniak, Amorah Quan Yin.
Shamballa Multidimensional Healing—CD's

Clearing Meditations & Activations (from 13D Teacher Training Intensive) (MCD)
These meditations were recorded during one of the 13Dimensional Shamballa Teacher Trainings. They are not a substitute for a 13D Shamballa course, as you need the master teacher present in order to have the activations. [The teacher being present is the focal point of the energy as it grounds; then the people present are activated.] However you can use the meditations on these CD's for your own personal clearances and DNA activations, etc.

MCD#1: Clearings & Implant Removals, & Initiations 1-3
Multidimensional Activations, Phase Lock Removal, and initiation 6.
MCD#2: Bringing in the Mahatma energy of Unconditional Love, Chakra clearings, Divine Recorder Crystal & Pineal activations
Meeting your Guides & Initiation 7.
MCD#3: DNA Resequencing & Antahkarana Activations (chakra/channeling tube)
Clearing the Cellular Structure with the 36-Pointed Star Meditation
MCD#4: Veca Codes
- Give access to the primal energy of Creation
- Bring a vibration of Freedom throughout all time & space
- Remove blocking codes & seals in your DNA
- Restore the integrity of your DNA sequences
- Trigger codes for DNA activations
- Axitonal & Galaxitonal alignment to the Central Sun and the Heart of Lady Gaia

MCD#5: Journey to the Govinda/Krishna/Radharani Universe of Pure Divine Love & Initiation 8
Violet Flame of Transmutation & Initiation 9
Merlin the Cosmic Alchemist & the Holy Grail Meditation
MCD#6: Opening the Channel with Vywamus
Integration of the Oneness with Germain
MCD#7: Germain on "Gifts"

Adventures with Australian Aboriginal Medicine People
MCD#8: Opening the Antahkarana
Meeting your I AM Presence & Guides & Initiations 12-13
MCD#9: Heart Opening; Mother Mary; Journey to the heart of Lady Gaia, Melchizedek's Golden Chamber, and through the Central Sun to Source. (Sound quality not so great)

FULL SET OF 9 CD'S: $80 plus $6p/h (in the US) ($15 in Europe)

INDIVIDUAL CD'S: $12 EACH plus $2 p/h for the first; $4 p/h for 2-4 (in the US)

ALSO AVAILABLE ON CD:

- 4-day Gem-Remedy Workshop with Hari Babba--$99 plus $6 p/h (US) / $17 p/h (Europe)

- Merlin & the Holy Grail: An Adventure in Self-Discovery (meditation) $12 ($2 p/h-US)

- Mahatma! Dance Music from the Masters to Open the Chakras $12 ($2 p/h-US)

All of the above are available from Phyllis Brooks, (978) 544-5722 taliloquay@earthlink.net PO Box 792, Wendell, MA 01379, USA * Contact me for PayPal information.

Sources of Flower Essences & Gem Elixirs
Babba (England) drdas@globalnet.co.uk
Taliloquay Essences (Phyllis Brooks-USA) www.taliloquay.com

http://www.users.globalnet.co.uk/~drdas/medatations/meditatations.htm



